

BOULDER SENIOR CENTER MARCH, 2019

FOR RESERVATIONS CALL 225-3656 BY 9:30 A.M.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> 
<p>4</p> 	<p>5</p> <p>PASTIES w/GRAVY CARROT COINS COLESLAW MIXED FRUIT</p>	<p>6</p> <p>HAM 'N BEAN SOUP FRESH BAKED BISCUITS GOLDEN CORN TOSSED SALAD APPLE SLICES</p>	<p>7</p> <p>HAMBURGERS ON A BUN ONION, TOMATO, LETTUCE, CHEESE OVEN FRIES CARROT RAISIN SALAD JUICY PEARS</p>	<p>8</p>
<p>11</p>	<p>12</p> <p>BEEF STEW FRESH BAKED BISCUITS TOSSED SALAD SWEET PEACHES</p>	<p>13</p> <p>SAUSAGE & EGG CASSEROLE BEAN SALAD WG BREAD FRESH FRUIT ASSORTED JUICES</p>	<p>14</p> <p><u>ST PATTY'S DAY DINNER</u> CORNED BEEF & CABBAGE POTATOES & CARROTS WHOLE GRAIN ROLLS BAKED APPLES</p>	<p>15</p> 
<p>18</p> 	<p>19</p> <p>OVEN HERBED CHICKEN BROWN RICE STEAMED BROCCOLI GARDEN SALAD FRUIT MEDLEY</p>	<p>20</p> <p>BBQ PORK CHOPS SWEET CORN COLESLAW WG ROLL APPLESAUCE</p>	<p>21</p> <p>SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS TOSSED SALAD w/BEANS FRESH ORANGES</p>	<p>22</p>
<p>25</p>	<p>26</p> <p>GRILLED HOT DOGS ON A BUN OVEN FRIES BAKED BEANS CRISPY COLESLAW SWEET PEACHES</p>	<p>27</p> <p>GREEN BEAN MOUSSAKA GARDEN SALAD WHOLE GRAIN ROLL BLUSHING PEARS</p>	<p>28</p> <p>CHICKEN-N-VEGGIE NOODLE SOUP EGG SALAD SANDWICHES TOSSED SALAD MIXED FRUIT</p>	<p>29</p> 

USDA prohibits discrimination in the administration of this program. To file a complaint, write to Secretary of Agriculture Washington, D.C. 20250.

This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN, Cassandra Drynan, RDN

Meals are served with Low Fat Milk & Coffee.