



BOULDER SENIOR NUTRITION MENU - MARCH, 2021



FOR MORE INFORMATION, CALL 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> 	<p>2</p> <p>CHICKEN & VEGGIE STIR FRY BROWN RICE DINNER SALAD PLUMP PEACHES</p>	<p>3</p> <p>TATER TOT CASSEROLE GREEN PEAS STEAMED CARROTS WHOLE GRAIN BREAD MIXED FRUIT</p>	<p>4</p> <p>BBQ PORK ON A BUN BAKED BEANS COLESLAW APPLESAUCE DESSERT</p>	<p>5</p> 
<p>8</p>	<p>9</p> <p>TURKEY ALA KING OVER BISCUITS GREEN BEANS STEAMED CARROTS APRICOTS</p>	<p>10</p> <p>HEARTY MEATLOAF MASHED POTATOES FOUR BEAN MEDLEY GARDEN SALAD WHOLE GRAIN BREAD CRANBERRIES</p>	<p>11</p> <p>TUNA NOODLE CASSEROLE GREEN PEAS MIXED VEGETABLES BAKED APPLES DESSERT</p>	<p>12</p>
<p>15</p> 	<p>16</p> <p>BBQ CHICKEN MAC-N-CHEESE SWEET CORN COLESLAW MANDARIN ORANGES</p>	<p>17</p> <p><u>ST PATRICK'S DAY</u> CORNED BEEF & CABBAGE LUCKY POTATOES CARROT COIN\$ BLARNEY STONE ROLLS GREEN PEARS</p>	<p>18</p> <p>MEXICAN TACOS LETTUCE, TOMATO & CHEESE REFRIED BEANS PINEAPPLE DESSERT</p>	<p>19</p> 
<p>22</p>	<p>23</p> <p>ROAST PORK SWEET POTATOES BRUSSELS SPROUTS CARROT RAISIN SALAD WHOLE GRAIN ROLL BAKED APPLES</p>	<p>24</p> <p>LEMON PEPPER CHICKEN RICE PILAF BROCCOLI SPEARS DICED BEETS FRUIT SALAD</p>	<p>25</p> <p>SPAGHETTI & MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD W/GARBANZOS PLUMP PEACHES DESSERT</p>	<p>26</p> <p>LOW-FAT MILK IS SERVED DAILY</p>
<p>29</p> 	<p>30</p> <p>HAM & BEANS CORN BREAD CARROT COINS PURPLE BEETS GOLDEN PEARS</p>	<p>31</p> <p>BAKED TURKEY BREAD STUFFING MASHED POTATOES DINNER SALAD CRANBERRIES</p>		

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS
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This menu has been reviewed and approved by a Registered Dietitian, Cassandra Drynan, RDN Cassandra Drynan, RDN.

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years, \$7.00.