

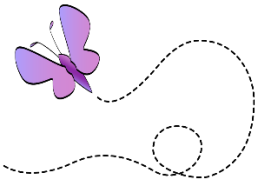






BOULDER SENIOR CENTER APRIL, 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
-2-	-3- FRIED RABBIT TRACKS BOILED SNOW BALLS ALFALFA SALAD PRICKLY PEARS FRESH ALLIGATOR MILK	-4- CHILI CON CARNE CORN BREAD DICED BEETS COLESLAW GOLDEN PEARS	-5- CHEESY BROCCOLI SOUP WHOLE GRAIN CRACKERS BLT SANDWICH CARROT RAISIN SALAD APRICOTS	-6-
-9- 	-10- HERBED OVEN BAKED CHICKEN WILD RICE SWEET CORN GARDEN SALAD PLUMP PEACHES	-11- CREAMED CHIPPED BEEF OVEN FRIES GARDEN PEAS APPLE SLICES	-12- SPAGHETTI w/MEAT SAUCE FRENCH BREAD GREEN BEANS TOSSED SALAD w/GARBANZOS ZESTY PINEAPPLE	-13- 
-16-	-17- SHEPHERD'S PIE BEAN MEDLEY TOSSED SALAD WHOLE GRAIN ROLL APPLE SLICES *HEARING AIDE*	-18- ROAST TURKEY MASHED POTATOES w/GRAVY STEAMED BROCCOLI WHOLE GRAIN ROLL BLUSHING PEARS	-19- MONTANA PASTIES w/GRAVY CARROT COINS CRISPY COLESLAW SWEET PEACHES	-20-
-23- 	-24- MEXICAN TACOS LETTUCE TOMATOES & CHEESE REFRIED BEANS APRICOT HALVES	-25- HAM 'N BEAN SOUP FRESH BAKED BISCUITS GREEN PEAS TOSSED SALAD PINEAPPLE	-26- ITALIAN LASAGNA FRENCH BREAD GREEN BEANS GARDEN SALAD APPLESAUCE	-27- 

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, Juice, Whole Grain Bread and Margarine.