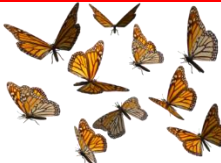


BOULDER SENIOR CENTER SEPTEMBER, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 SLOPPY JOE ON A BUN OVEN POTATOES CRISPY COLESLAW ZESTY PINEAPPLE	4 ROAST TURKEY MASHED POTATOES BROCCOLI SPEARS WHOLE GRAIN ROLL CRANBERRIES	5 SPAGHETTI w/MEAT SAUCE FRENCH BREAD GOLDEN CORN TOSSED SALAD w/BEANS JUICY PEARS	6
9	10 BBQ CHICKEN MACARONI SALAD BAKED BEANS PICKLED BEETS CINNAMON APPLES	11 PORK ROAST BROWN RICE GREEN PEAS CARROT COINS APPLESAUCE	12 TOMATO SOUP GRILLED CHEESE SANDWICH VEGGIE RELISH FOUR BEAN SALAD SWEET PEACHES	13 
16 	17 TATER TOT CASSEROLE GREEN BEANS TOSSED SALAD GOLDEN PEARS	18 CHILI CON CARNE CORNBREAD DICED BEETS COLESLAW BAKED APPLES	19 MEAT & CHEESE PIZZA PEAS & CARROTS GARDEN SALAD PINEAPPLE	20
23 	24 HAMBURGER HOT DISH GREEN BEANS GARDEN SALAD FRESH FRUIT	25 CHICKEN ENCHILADA SWEET CORN TOSSED SALAD PLUMP PEACHES	26 HOT DOG IN A BUN SAUERKRAUT OVEN POTATOES BAKED BEANS MIXED FRUIT	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.