















# BOULDER SENIOR NUTRITION MENU

## JANUARY, 2021



FOR INFORMATION CALL 225-3656

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|           |                                     | LOW-FAT MILK IS DELIVERED DAILY  |                            |          |
| 4<br>    | 5<br>CHICKEN NOODLE SOUP<br>HAM & CHEESE SANDWICH<br>CARROT COINS<br>PURPLE BEETS<br>GOLDEN PEARS                    | 6<br>BAKED TURKEY<br>BREAD STUFFING<br>MASHED POTATOES<br>DINNER SALAD<br>CRANBERRIES        | 7<br>SLOPPY JOES<br>POTATO SALAD<br>COLESLAW<br>MIXED FRUIT<br>DESSERT  | 8<br>    |
| 11<br>   | 12<br>CHICKEN CASSEROLE<br>GREEN PEAS<br>STEAMED CARROTS<br>APRICOT HALVES<br>DESSERT                                | 13<br>MONTANA PASTIES<br>GOLDEN CORN<br>PICKLED BEETS<br>FRUIT SALAD                         | 14<br>FISH PATTY<br>WILD RICE<br>STEAMED BROCCOLI<br>SALAD w/BEANS<br>SWEET PEACHES                           | 15<br>   |
| 18<br> | 19<br>HUNGARIAN GOULASH<br>GREEN BEANS<br>DICED BEETS<br>MANDARIN ORANGES<br>DESSERT                                 | 20<br>CHICKEN ENCHILADAS<br>MEXICAN CORN & BEANS<br>MIXED VEGETABLES<br>PINEAPPLE            | 21<br>BAKED PORK CHOP<br>OVEN POTATOES<br>BRUSSELS SPROUTS<br>DINNER SALAD<br>WHOLE GRAIN BREAD<br>APPLESAUCE | 22<br> |
| 25<br>  | 26<br>SALISBURY STEAK<br>MASHED POTATOES<br>MIXED VEGETABLES<br>FOUR BEAN MEDLEY<br>WHOLE GRAIN BREAD<br>SWEET PEARS | 27<br>POLISH DOG ON A BUN<br>SAUERKRAUT<br>SWEET CORN<br>CARROT RAISIN SALAD<br>BAKED APPLES | 28<br>PARMESAN CHICKEN BREAST<br>BROWN RICE<br>GREEN BEANS<br>CARROT COINS<br>PLUMP PEACHES<br>DESSERT        | 29<br> |

WE DEPEND ON YOUR MEAL DONATION FOR PROGRAM EXPENSES – THANK YOU FOR YOUR HELP – EVERY LITTLE BIT HELPS  
 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

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