



BOULDER SENIOR CENTER MARCH, 2020

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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| <p>2</p>  | <p>3</p> <p>PASTIES w/GRAVY CARROT COINS COLESLAW MIXED FRUIT</p> | <p>4</p> <p>HAM 'N BEAN SOUP FRESH BAKED BISCUITS GOLDEN CORN TOSSED SALAD APPLE SLICES</p> | <p>5</p> <p>HAMBURGERS ON A BUN OVEN FRIES CARROT RAISIN SALAD JUICY PEARS</p> | <p>6</p> |
| <p>9</p> | <p>10</p> <p>BEEF STEW FRESH BAKED BISCUITS TOSSED SALAD w/BEANS SWEET PEACHES</p> | <p>11</p> <p>BISCUITS & GRAVY CRISPY BACON POTATO SALAD FRESH FRUIT 100% FRUIT JUICE</p> | <p>12</p> <p>OVEN HERBED CHICKEN BROWN RICE STEAMED BROCCOLI GARDEN SALAD FRUIT MEDLEY</p> | <p>13</p>  |
| <p>16</p>  | <p>17</p> <p>ST PATRICK'S DAY CORNED BEEF & CABBAGE LUCKY SPUDS CARROT COINS BLARNEY STONE ROLLS GREEN PEARS</p> | <p>18</p> <p>BBQ PORK CHOPS SWEET CORN COLESLAW WG ROLL APPLESAUCE</p> | <p>19</p> <p>SPAGHETTI w/MEAT SAUCE GARLIC BREAD GREEN BEANS TOSSED SALAD w/BEANS FRESH ORANGES</p> | <p>20</p> |
| <p>23</p> | <p>24</p> <p>GRILLED HOT DOGS ON A BUN OVEN FRIES BAKED BEANS CRISPY COLESLAW SWEET PEACHES</p> | <p>25</p> <p>MEAT & CHEESE PIZZA GREEN BEANS GARDEN SALAD COTTAGE CHEESE PINEAPPLE</p> | <p>26</p> <p>CHICKEN-N-VEGGIE NOODLE SOUP EGG SALAD SANDWICHES TOSSED SALAD MIXED FRUIT</p> | <p>27</p>  |
| <p>30</p>  | <p>31</p> <p>SWEET & SOUR PORK RICE PILAF BROCCOLI SPEARS SWEET CORN BAKED APPLES</p> | |  | |

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.