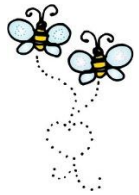
BOULDER SENIOR NUTRITION MENU – MAY 2021

FOR RESERVATIONS CALL 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 MONTANA PASITES DICED BEETS BROCCOLI SPEARS SWEET PEACHES	5 BBQ PORK ON A BUN BAKED BEANS COLESLAW APPLESAUCE DESSERT	6 TATER TOT CASSEROLE GREEN PEAS STEAMED CARROTS WHOLE GRAIN BREAD MIXED FRUIT	7
10 	11 SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGETABLES DINNER SALAD MANDARIN ORANGES	12 ROASTED CHICKEN OVEN POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES DESSERT	13 BEEF STROGANOFF OVER EGG NOODLES GREEN PEAS FOUR BEAN MEDLEY BAKED APPLES	14 
17	18 SHEPARD'S PIE SWEET CORN CARROT RAISIN SALAD WHOLE GRAIN BREAD GOLDEN PEARS	19 BAKED HAM SWEET YAMS BRUSSELS SPROUTS WHOLE GRAIN ROLL PINEAPPLE DESSERT	20 CHILI CON CARNE CORN BREAD MIXED VEGGIES PURPLE BEETS FRUIT SALAD	21
24 	25 CHICKEN & VEGGIE STIR FRY BROWN RICE DINNER SALAD PLUMP PEACHES DESSERT	26 HAM & SCALLOPED POTATOES STEAMED CARROTS GREEN PEAS MIXED FRUIT	27 ITALIAN LASAGNA GARLIC BREAD GOLDEN CORN SALAD w/GARBANZOS APRICOT HALVES	28 
31 MEMORIAL DAY 				Low-fat milk is served daily

WE DEPEND ON YOUR MEAL PAYMENT FOR HALF OUR 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.