

BOULDER SENIOR CENTER JANUARY, 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 	2 TUNA NOODLE CASSEROLE GREEN BEANS TOSSED SALAD W/BEANS FRESH FRUIT	3 
6 	7 MEXICAN TACOS LETTUCE, TOMATOES, SALSA REFRIED BEANS PINEAPPLE	8 ROAST PORK RICE PILAF BROCCOLI SPEARS STEAMED CARROTS APPLESAUCE	9 SPAGHETTI W/MEAT SAUCE GARLIC BREAD GREEN BEANS CARROT RAISIN SALAD SWEET PEACHES	10 
13 	14 SLOPPY JOES OVEN POTATOES STEAMED BROCCOLI MIXED FRUIT	15 HAM & BEANS FRESH BAKED BISCUIT GOLDEN CORN COLESLAW FRESH FRUIT	16 BBQ CHICKEN WILD RICE GREEN PEAS TOSSED SALAD JUICY PEARS	17 
20 	21 CHILI CON CARNE CORNBREAD VEGGIE RELISH COLESLAW PINEAPPLE	22 ROAST CHICKEN MASHED POTATOES GARDEN PEAS TOSSED SALAD SPICED APPLES	23 CHICKEN-N-VEGGIE NOODLE SOUP EGG SALAD SANDWICH 4 BEAN SALAD SWEET PEACHES	24 
27 	28 PORK IN GRAVY BROWN RICE GREEN PEAS 4 BEAN SALAD APPLESAUCE	29 TURKEY NOODLE CASSEROLE STEAMED CARROTS VEGGIE RELISH CRANBERRIES	30 BEEF ENCHILADAS SWEET CORN GARDEN SALAD MIXED FRUIT	

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.