

BOULDER SENIOR CENTER DECEMBER, 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 SPAGHETTI W/ MEAT SAUCE FRENCH BREAD GREEN BEANS MIXED SALAD BLUSHING PEARS	5 PORK IN GRAVY BROWN RICE BROCCOLI SPEARS CARROT STICKS APPLESAUCE	6 MEXICAN TACOS REFRIED BEANS LETTUCE-TOMATO-CHEESE SWEET PEACHES	7 
10	11 SLOPPY JOE ON A BUN OVEN POTATOES BROCCOLI SALAD MIXED FRUIT	12 TACO SOUP (beans & corn) TORTILLA CHIPS TOSSED SALAD GOLDEN PEARS	13 HOT DOG ON A BUN BAKED BEANS COLESLAW FRESH ORANGES	14
17 	18 TATER TOT CASSEROLE GREEN BEANS CARROT RAISIN SALAD PINEAPPLE	19 CHICKEN ENCHILADAS CORN & BEANS GARDEN SALAD PICKLED BEETS	20 BAKED HAM SWEET POTATOES GREEN PEAS TOSSED SALAD FRUIT MEDLEY	21 
24 	25 CLOSED 	26 OVEN CHICKEN MASHED POTATOES GARDEN PEAS TOSSED SALAD W/BEANS CRANBERRIES	27 MONTANA PASTIES CARROT COINS CRISPY COLESLAW SPICED APPLES	28 
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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.