

BOULDER SENIOR CENTER SEPTEMBER, 2020

FOR INFORMATION CALL 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGETABLES DINNER SALAD BAKED APPLES	2 ROASTED CHICKEN OVEN POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES DESSERT	3 BEEF STROGANOFF OVER EGG NOODLES GREEN PEAS FOUR BEAN MEDLEY FRESH FRUIT	4 
7 	8 SHEPARD'S PIE SWEET CORN CARROT RAISIN SALAD GOLDEN PEARS DESSERT	9 BAKED HAM SWEET YAMS BRUSSELS SPROUTS WHOLE GRAIN ROLL PINEAPPLE	10 CHILI CON CARNE CORN BREAD MIXED VEGGIES PURPLE BEETS FRUIT SALAD	11 
14 	15 CHICKEN & VEGGIE STIR FRY BROWN RICE DINNER SALAD PLUMP PEACHES	16 TATER TOT CASSEROLE GREEN PEAS STEAMED CARROTS MIXED FRUIT DESSERT	17 BBQ PORK ON A BUN BAKED BEANS COLESLAW APPLESAUCE	18
21 	22 CHICKEN ALA KING OVER BISCUITS GREEN BEANS STEAMED CARROTS APRICOTS	23 HEARTY MEATLOAF MASHED POTATOES FOUR BEAN MEDLEY GARDEN SALAD CRANBERRIES	24 TUNA NOODLE CASSEROLE GREEN PEAS MIXED VEGETABLES BAKED APPLES DESSERT	25 
28 	29 BBQ CHICKEN MAC-N-CHEESE SWEET CORN COLESLAW FRESH FRUIT	30 SAUSAGE & EGG CASSEROLE POTATO TRIANGLES MIXED VEGETABLES WHOLE GRAIN BREAD BLUSHING PEARS		

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.