


BOULDER SENIOR CENTER JANUARY, 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 	2 SPAGHETTI W/MEAT SAUCE GREEN BEANS TOSSED SALAD W/BEANS GARLIC BREAD FRESH ORANGES	3 GRILLED HAM & CHEESE SANDWICH TOMATO SOUP VEGGIE RELISH GOLDEN PEARS	4 
7 	8 MEXICAN TACOS LETTUCE, TOMATOES, & CHEESE REFRIED BEANS PINEAPPLE	9 ROAST PORK RICE PILAF BROCCOLI SPEARS STEAMED CARROTS APPLESAUCE	10 TUNA NOODLE CASSEROLE GREEN BEANS CARROT RAISIN SALAD SWEET PEACHES	11 
14 	15 SLOPPY JOES OVEN POTATOES STEAMED BROCCOLI MIXED FRUIT	16 HAM & BEANS FRESH BAKED BISCUIT GOLDEN CORN COLESLAW FRESH ORANGES	17 CHIPPED BEEF ON TOAST GREEN PEAS TOSSED SALAD JUICY PEARS	18 
21 	22 ROAST CHICKEN MASHED POTATOES GARDEN PEAS TOSSED SALAD SPICED APPLES	23 TURKEY NOODLE CASSEROLE STEAMED CARROTS 4 BEAN SALAD CRANBERRIES	24 CHILI CON CARNE CORNBREAD VEGGIE RELISH COLESLAW PINEAPPLE	25 
28 	29 PORK IN GRAVY BROWN RICE GREEN PEAS 4 BEAN SALAD APPLESAUCE	30 CHICKEN-N-VEGGIE NOODLE SOUP EGG SALAD SANDWICH VEGGIE RELISH SWEET PEACHES	31 BEEF ENCHILADAS SWEET CORN GARDEN SALAD MIXED FRUIT	

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.