

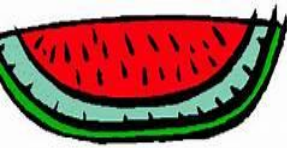




BOULDER SENIOR CENTER AUGUST 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ROAST TURKEY MASHED POTATOES GARDEN PEAS BROCCOLI SLAW CRANBERRY SALAD	2 POLISH DOGS SAUERKRAUT OVEN POTATO 4 BEAN SALAD PLUMP PEACHES	3
6	7 HUNGARIAN GOULASH BROCCOLI SPEARS TOSSED SALAD w/BEANS FRESH ORANGES	8 CHICKEN STRIPS POTATO SALAD COLESLAW WHOLE GRAIN ROLL CANTALOUPE	9 TURKEY IN GRAVY OVER MASHED POTATOES STEAMED CARROTS TOSSED SALAD APPLESAUCE	10 
13 	14 FISH PATTY ON A BUN OVEN POTATOES GREEN BEANS TOSSED SALAD	15 MEXICAN TACOS TOMATO, LETTUCE, CHEESE REFRIED BEANS PINEAPPLE	16 BEEF VEGETABLE BARLEY SOUP MEAT SANDWICH VEGGIE RELISH MIXED FRUIT	17
20	21 PORK IN GRAVY ON RICE GOLDEN CORN TOSSED SALAD SWEET PEARS	22 OVEN CHICKEN MASHED POTATOES CARROT COINS MIXED LETTUCE FRUIT SALAD	23 HAM & BEANS FRESH BAKED BISCUIT PICKLED BEETS COLESLAW PEACHES	24 
27 	28 BEEF ENCHILADAS CORN & BEANS MIXED SALAD SPICED APPLES	29 TURKEY POT PIE GARDEN PEAS TOSSED SALAD JUICY PEARS	30 ITALIAN LASAGNA FRENCH BREAD GREEN BEANS TOSSED SALAD PINEAPPLE	31

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, Juice, Whole Grain Bread and Margarine.