




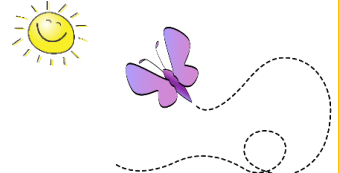


BOULDER SENIOR NUTRITION MENU - APRIL, 2021

FOR MORE INFORMATION CALL 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		LOW-FAT MILK IS SERVED DAILY	1 SLOPPY JOES POTATO SALAD COLESLAW MIXED FRUIT DESSERT	2 
5 	6 CHICKEN NOODLE CASSEROLE GREEN PEAS STEAMED CARROTS APRICOT HALVES DESSERT	7 MONTANA PASTIES GOLDEN CORN PICKLED BEETS FRUIT SALAD	8 FISH PATTY WILD RICE STEAMED BROCCOLI SALAD w/BEANS SWEET PEACHES	9
12	13 HUNGARIAN GOULASH GREEN BEANS DICED BEETS MANDARIN ORANGES DESSERT	14 CHICKEN ENCHILADAS MEXICAN CORN & BEANS MIXED VEGETABLES PINEAPPLE	15 BAKED PORK CHOP OVEN POTATOES BRUSSELS SPROUTS DINNER SALAD WHOLE GRAIN ROLL APPLESAUCE	16 
19 	20 SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES FOUR BEAN MEDLEY WHOLE GRAIN BREAD SWEET PEARS	21 POLISH DOG ON A BUN SAUERKRAUT SWEET CORN CARROT RAISIN SALAD BAKED APPLES	22 PARMESAN CHICKEN BREAST BROWN RICE GREEN BEANS CARROT COINS PLUMP PEACHES DESSERT	23
26	27 SWEDISH MEATBALLS RICE PILAF GREEN PEAS PURPLE BEETS FRUIT SALAD	28 BBQ PORK RIBS BAKED BEANS COLESLAW WHOLE GRAIN ROLL APPLESAUCE	29 TURKEY IN GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN BREAD CRANBERRIES DESSERT	30 

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.

