


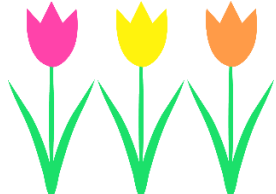


BOULDER SENIOR CENTER MARCH, 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 TOMATO SOUP GRILLED CHEESE SANDWICH 4 BEAN SALAD MIXED FRUIT	2 
5	6 PASTIES w/GRAVY CARROTS COLESLAW MIXED FRUIT	7 HAM 'N BEAN SOUP FRESH BAKED BISCUITS GOLDEN CORN TOSSED SALAD APPLE SLICES	8 HAMBURGERS ON A BUN ONION, TOMATOES, LETTUCE AND CHEESE OVEN FRIES CARROT RAISIN SALAD JUICY PEARS	9
12	13 BEEF STEW BISCUITS TOSSED SALAD SWEET PEACHES	14 SAUSAGE & EGG CASSEROLE BEAN SALAD FRESH FRUIT ASSORTED JUICES	15 CORNED BEEF & CABBAGE POTATOES & CARROTS WHOLE GRAIN ROLLS APPLESAUCE	16 
	20 OVEN HERBED CHICKEN BROWN RICE STEAMED BROCCOLI FRESH ORANGES	21 BBQ PORK CHOPS OVEN FRIES SWEET CORN WG ROLL APPLESAUCE	22 SPAGHETTI w/MEAT SAUCE GREEN BEANS TOSSED SALAD w/BEANS FRENCH GARLIC BREAD ORANGES	23
26	27 GRILLED HOT DOGS ON A BUN OVEN FRIES BAKED BEANS TOSSED SALAD PEACHES	28 GREEN BEAN MOUSSAKA GARDEN SALAD WHOLE GRAIN ROLL BLUSHING PEARS	29 CHICKEN-N-VEGGIE NOODLE SOUP EGG SALAD SANDWICHES CRISPY COLESLAW MIXED FRUIT	30 

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.