








BOULDER SENIOR NUTRITION MENU - JUNE 2021



FOR RESERVATIONS CALL 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 TURKEY ALA KING OVER BISCUITS GREEN BEANS STEAMED CARROTS APRICOTS DESSERT	2 HEARTY MEATLOAF MASHED POTATOES FOUR BEAN MEDLEY GARDEN SALAD WHOLE GRAIN BREAD CRANBERRIES	3 CHICKEN SOUP HAM & CHEESE SANDWICH GREEN PEAS MIXED VEGETABLES BAKED APPLES	4 Low-fat milk is served daily
7	8 BBQ CHICKEN MAC-N-CHEESE SWEET CORN COLESLAW MANDARIN ORANGES	9 SAUSAGE & EGG CASSEROLE POTATO TRIANGLES MIXED VEGETABLES WHOLE GRAIN BREAD BLUSHING PEARS	10 MEXICAN TACOS LETTUCE, TOMATO & CHEESE REFRIED BEANS PINEAPPLE DESSERT	11 
14 	15 ROAST PORK SWEET POTATOES BRUSSELS SPROUTS CARROT RAISIN SALAD WHOLE GRAIN ROLL BAKED APPLES	16 LEMON PEPPER CHICKEN RICE PILAF BROCCOLI SPEARS DICED BEETS FRUIT SALAD	17 SPAGHETTI & MEAT SAUCE GARLIC BREAD GREEN BEANS SALAD w/GARBANZOS PLUMP PEACHES DESSERT	18
21	22 HAM & BEANS CORN BREAD CARROT COINS PURPLE BEETS GOLDEN PEARS	23 BAKED TURKEY BREAD STUFFING MASHED POTATOES DINNER SALAD CRANBERRIES	24 SLOPPY JOES BAKED BEANS COLESLAW MIXED FRUIT DESSERT	25 
28 	29 CHEF'S CHOICE SOUP DELI SANDWICH GREEN PEAS STEAMED CARROTS APRICOT HALVES	30 FISH PATTY WILD RICE STEAMED BROCCOLI SALAD w/BEANS SWEET PEACHES DESSERT		

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, R.D.N. Cassandra Drynan, R.D.N.

Suggested donation for 60 years old and over \$5.00. Required charge for under 60 years \$7.00.