






# BOULDER SENIOR CENTER AUGUST 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 	<b>4</b> HUNGARIAN GOULASH GREEN BEANS DICED BEETS FRESH FRUIT DESSERT	<b>5</b> CHICKEN ENCHILADAS MEXICAN CORN & BEANS MIXED VEGETABLES PINEAPPLE	<b>6</b> BAKED PORK CHOP OVEN POTATOES BRUSSELS SPROUTS DINNER SALAD APPLESAUCE	<b>7</b>
<b>10</b>	<b>11</b> SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES FOUR BEAN MEDLEY SWEET PEARS	<b>12</b> POLISH DOG ON A BUN SAUERKRAUT SWEET CORN CARROT RAISIN SALAD BAKED APPLES	<b>13</b> PARMESAN CHICKEN BREAST BROWN RICE GREEN BEANS CARROT COINS PLUMP PEACHES DESSERT	<b>14</b> 
<b>17</b> 	<b>18</b> SWEDISH MEATBALLS RICE PILAF GREEN PEAS PURPLE BEETS FRUIT SALAD	<b>19</b> BBQ PORK RIBS BAKED BEANS COLESLAW WHOLE GRAIN ROLL APPLESAUCE	<b>20</b> TURKEY IN GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN ROLL CRANBERRIES DESSERT	<b>21</b>
<b>24</b>	<b>25</b> BAKED COD WILD RICE STEAMED CARROTS BROCCOLI SPEARS SWEET PEACHES	<b>26</b> HAM & SCALLOPED POTATOES GREEN PEAS DICED BEETS MIXED FRUIT DESSERT	<b>27</b> ITALIAN LASAGNA GARLIC BREAD GOLDEN CORN SALAD W/GARBANZOS APRICOT HALVES	<b>28</b> 
<b>31</b>				

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.**