





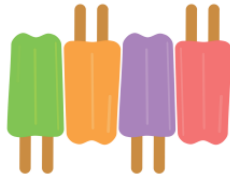


BOULDER SENIOR CENTER JULY 2018

FOR RESERVATIONS CALL 225-3656 BY 9:30 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 TURKEY NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS	4 <u>CLOSED</u> 	5 BEEF TACOS LETTUCE, TOMATO, CHEESE REFRIED BEANS SWEET PEACHES	6 
9 	10 BEEF ENCHILADAS SWEET CORN TOSSED SALAD FRESH ORANGES	11 POTATO SOUP EGG SANDWICH VEGGIE RELISH JUICY PEACHES	12 HAMBURGER ON A BUN TOMATO, ONION, LETTUCE BAKED BEANS POTATO SALAD WATERMELON	13
16	17 SPAGHETTI W/ MEAT SAUCE FRENCH BREAD GREEN BEANS TOSSED SALAD w/GARBANZOS ZESTY PINEAPPLE HEARING AIDE	18 SWEET & SOUR PORK BROWN RICE STEAMED BROCCOLI PICKLED BEETS BAKED APPLES	19 CHIPPED BEEF ON TOAST GREEN PEAS TOSSED SALAD WATERMELON	20 
23	24 OVEN BAKED CHICKEN MASHED POTATOES GOLDEN CORN 4 BEAN SALAD CRANBERRIES	25 TACO SOUP TORTILLA CHIPS TOSSED SALAD CANTALOUPE	26 BBQ PORK ON A BUN OVEN POTATOES BAKED BEANS COLESLAW PINEAPPLE	27
30 	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.