







BOULDER SENIOR NUTRITION MENU - OCTOBER, 2021

FOR RESERVATIONS CALL: 225-3656

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Low-Fat Milk Is Served Daily	1
4	5 SALISBURY STEAK MASHED POTATOES MIXED VEGETABLES FOUR BEAN MEDLEY WHOLE GRAIN BREAD SWEET PEARS	6 POLISH DOG ON A BUN SAUERKRAUT SWEET CORN CARROT RAISIN SALAD BAKED APPLES	7 LEMON PEPPER CHICKEN BROWN RICE GREEN BEANS CARROT COINS PLUMP PEACHES DESSERT	8 
11 COLUMBUS DAY 	12 SWEDISH MEATBALLS RICE PILAF GREEN PEAS PURPLE BEETS FRUIT SALAD	13 BBQ PORK RIBS BAKED BEANS COLESLAW WHOLE GRAIN ROLL APPLESAUCE	14 TURKEY IN GRAVY MASHED POTATOES MIXED VEGETABLES WHOLE GRAIN BREAD CRANBERRIES DESSERT	15
18	19 BAKED COD WILD RICE STEAMED CARROTS BROCCOLI SPEARS SWEET PEACHES	20 HAM & SCALLOPED POTATOES GREEN PEAS DICED BEETS MIXED FRUIT DESSERT	21 ITALIAN LASAGNA GARLIC BREAD GOLDEN CORN SALAD w/GARBANZOS APRICOT HALVES	22
25 	26 SWEET-N-SOUR PORK BROWN RICE ORIENTAL VEGETABLES DINNER SALAD MANDARIN ORANGES	27 ROASTED CHICKEN OVEN POTATOES GREEN BEANS WHOLE GRAIN ROLL CRANBERRIES DESSERT	28 BEEF STROGANOFF OVER EGG NOODLES GREEN PEAS FOUR BEAN MEDLEY BAKED APPLES	29 

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.