

BOULDER SENIOR CENTER AUGUST 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BEEF STEW FRESH BAKED BISCUIT COLESLAW FRESH APPLES	2 ROAST TURKEY MASHED POTATOES GARDEN PEAS BROCCOLI SALAD CRANBERRY SALAD	3 POLISH DOGS SAUERKRAUT OVEN POTATO 4 BEAN SALAD PLUMP PEACHES	4
7	8 HUNGARIAN GOULASH BROCCOLI SPEARS TOSSED SALAD w/BEANS FRESH ORANGES	9 CHICKEN STRIPS POTATO SALAD COLESLAW CANTALOUPE	10 TURKEY IN GRAVY OVER MASHED POTATOES GARDEN PEAS TOSSED SALAD APPLESAUCE	11 
14 	15 FISH PATTY ON A BUN OVEN POTATOES GREEN BEANS TOSSED SALAD HEARING AIDE	16 MEXICAN TACOS REFRIED BEANS TOMATO, LETTUCE, CHEESE JUICY PEARS	17 BEEF VEGETABLE BARLEY SOUP MEAT SANDWICH VEGGIE RELISH MIXED FRUIT	18
21	22 PORK IN GRAVY ON RICE GOLDEN CORN TOSSED SALAD SWEET PEARS	23 OVEN CHICKEN MASHED POTATOES GREEN PEAS MIXED LETTUCE FRUIT SALAD	24 HAM & BEANS FRESH BAKED BISCUIT PICKLED BEETS COLESLAW PEACHES	25 
28 	29 BEEF ENCHILADAS CORN & BEANS MIXED SALAD SPICED APPLES	30 TURKEY POT PIE GARDEN PEAS TOSSED SALAD JUICY PEARS	31 ITALIAN LASAGNA FRENCH BREAD GREEN BEANS TOSSED SALAD SWEET PEACHES	

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.