











BOULDER SENIOR CENTER DECEMBER, 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 	5 SPAGHETTI W/ MEAT SAUCE FRENCH BREAD GREEN BEANS MIXED SALAD BLUSHING PEARS	6 PORK IN GRAVY BROWN RICE BROCCOLI SPEARS CARROT STICKS APPLESAUCE	7 MEXICAN TACOS REFRIED BEANS LETTUCE-TOMATO-CHEESE SWEET PEACHES	8  
11	12 SLOPPY JOE ON A BUN OVEN POTATOES TOSSED SALAD MIXED FRUIT	13 TACO SOUP TORTILLA CHIPS BROCCOLI SALAD GOLDEN PEARS	14 HOT DOG ON A BUN OVEN POTATOES BAKED BEANS GREEN LETTUCE SALAD FRESH ORANGES	15
18 	19 TATER TOT CASSEROLE GREEN BEANS MIXED SALAD PINEAPPLE	20 CHICKEN ENCHILADAS CORN & BEANS GARDEN SALAD PICKLED BEETS	21 BAKED HAM SWEET POTATOES GREEN PEAS TOSSED SALAD FRUIT SALAD	22 
25 	26 BEEF STEW FRESH BAKED BISCUIT CARROT SALAD JUICY PEARS	27 OVEN CHICKEN MASHED POTATOES GARDEN PEAS TOSSED SALAD W/BEANS CRANBERRIES	28 MONTANA PASTIES CARROT COINS CRISPY COLESLAW SPICED APPLES	29 

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.