











BOULDER SENIOR CENTER FEBRUARY, 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>CHICKEN ENCHILADAS GOLDEN CORN TOSSED SALAD PINEAPPLE</p>	<p>2</p> 
<p>5</p>	<p>6</p> <p>CHEESE SANDWICH TOMATO SOUP VEGGIE RELISH JUICY PEARS</p>	<p>7</p> <p>MEXICAN TACOS REFRIED BEANS LETTUCE/TOMATO/CHEESE SWEET PEACHES</p>	<p>8</p> <p>HOT DOG ON A BUN OVEN POTATOES BROCCOLI SPEARS 4 BEAN SALAD PINEAPPLE</p>	<p>9</p>
<p>12</p> 	<p>13</p> <p>PORK IN GRAVY BROWN RICE STEAMED CARROTS DICED BEETS APPLESAUCE</p>	<p>14</p> <p>TURKEY ROAST MASHED POTATOES GREEN PEAS WHOLE GRAIN ROLL CRANBERRIES</p>	<p>15</p> <p>HAMBURGER GOULASH SWEET CORN TOSSED SALAD W/BEANS BAKED APPLES</p>	<p>16</p> 
<p>19</p> 	<p>20</p> <p>FISH PATTY ON A BUN MACARONI & CHEESE GREEN BEANS COLESLAW FRESH ORANGES</p>	<p>21</p> <p><u>HEARING AID CLINIC</u> TACO SOUP CORN CHIPS TOSSED SALAD GOLDEN PEARS</p>	<p>22</p> <p>LEMON PEPPER CHICKEN RICE PILAF GOLDEN CORN PICKLED BEETS SWEET PEACHES</p>	<p>23</p> 
<p>26</p> 	<p>27</p> <p>BEEF STEW FRESH BAKED BISCUIT CRISPY COLESLAW BAKED APPLES</p>	<p>28</p> <p>SLOPPY JOE ON A BUN OVEN POTATOES TOSSED SALAD W/BEANS APPLESAUCE</p>		

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.