

BOULDER SENIOR CENTER JULY 2017

FOR RESERVATIONS CALL 225-3656 BY 9:30 AM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	Happy July 4th!  CLOSED	5 TURKEY NOODLE CASSEROLE GARDEN PEAS TOSSED SALAD JUICY PEARS	6 BEEF TACOS REFRIED BEANS LETTUCE, TOMATO, CHEESE SWEET PEACHES	7
10 	11 BEEF ENCHILADAS SWEET CORN MIXED LETTUCE FRESH ORANGES	12 POTATO SOUP EGG SANDWICH VEGGIE RELISH JUICY PEACHES	13 HAMBURGER ON A BUN TOMATO, ONION, LETTUCE BAKED BEANS POTATO SALAD WATERMELON	14
17	18 SPAGHETTI W/ MEAT SAUCE FRENCH BREAD GREEN BEANS TOSSED SALAD W/GARBANZOS ZESTY PINEAPPLE HEARING AIDE	19 SWEET & SOUR PORK BROWN RICE STEAMED BROCCOLI PICKLED BEETS SWEET PEARS	20 CHIPPED BEEF ON TOAST GREEN PEAS TOSSED SALAD WATERMELON	21 
24	25 OVEN BAKED CHICKEN MASHED POTATOES GOLDEN CORN 4 BEAN SALAD CRANBERRIES	26 TACO SOUP TORTILLA CHIPS TOSSED SALAD CANTALOUPE	27 BBQ PORK ON A BUN OVEN POTATOES BAKED BEANS PINEAPPLE	28
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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.