

BOULDER SENIOR CENTER MARCH, 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 SLOPPY JOE ON A BUN OVEN POTATOES TOSSED SALAD W/ BEANS APPLESAUCE	2 BROCCOLI CHEESE SOUP EGG SANDWICH VEGGIE RELISH JUICY PEARS	3 
6	7 BEEF GOULASH GARDEN PEAS GARDEN SALAD PINEAPPLE	8 MEAT LASAGNA GREEN BEANS TOSSED SALAD W/ GARBANZOS BAKED APPLES FRENCH BREAD	9 BBQ PORK ON A BUN BROCCOLI SPEARS COLESLAW FRESH ORANGES	10
13	14 CHICKEN STRIPS OVEN POTATOES TOSSED SALAD SWEET PEACHES	15 CORNER BEEF CABBAGE & POTATOES CARROT COINS WHOLE GRAIN ROLL GREEN PEARS	16 POLISH DOGS OVEN POTATOES BAKED BEANS COLESLAW	17 <u>ST. PATRICK'S DAY</u> 
20 	21 HAM & BEANS BROCCOLI SALAD BUTTER BEETS FRESH BAKED BISCUIT BAKED APPLES	22 MEATLOAF BAKED POTATO GOLDEN CORN TOSSED SALAD PEACHES	23 CHICKEN BREASTS WILD RICE GREEN PEAS CARROT STICKS CRANBERRIES	24
27	28 BEEF ENCHILADAS CORN & BEANS TOSSED SALAD SPICED APPLES	29 CHICKEN NOODLE SOUP EGG SANDWICH VEGGIE RELISH SWEET PEACHES	30 SPAGHETTI W/ MEAT SAUCE GREEN BEANS TOSSED SALAD FRENCH BREAD GOLDEN PEARS	31 

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.