









BOULDER SENIOR CENTER NOVEMBER, 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 SLOPPY JOES ON A BUN OVEN POTATOES COLESLAW FRUIT SALAD</p>	<p>2 PORK ROAST RICE PILAF GOLDEN CORN 4 BEAN SALAD APPLESAUCE</p>	<p>3</p>
<p>6</p>	<p>7 FISH PATTY ON A BUN OVEN POTATOES TOSSED SALAD w/BEANS PINEAPPLE</p>	<p>8 CHICKEN NOODLE SOUP EGG SALAD SANDWICH VEGGIE RELISH SWEET PEACHES</p>	<p>9 HAMBURGER HOT DISH GREEN BEANS TOSSED SALAD BLUSHING PEARS</p>	<p>10</p> 
<p>13</p> 	<p>14 BEEF STEW FRESH BAKED BISCUIT COLESLAW BAKED APPLES</p>	<p>15 ROAST TURKEY MASHED POTATOES w/GRAVY BREAD STUFFING GARDEN PEAS CRANBERRIES HOLIDAY PIE</p>	<p>16 TOMATO SOUP GRILLED CHEESE SANDWICH BAKED BEANS VEGGIE RELISH PEACHES</p>	<p>17</p>
<p>20</p>	<p>21 BEEF STROGANOFF OVER NOODLES GOLDEN CORN 3 BEAN SALAD FRESH ORANGES</p>	<p>22 HOT DOG ON A BUN BAKED BEANS COLESLAW SPICED APPLES</p>	<p>23 <u>CLOSED</u></p> 	<p>24</p> 
<p>27</p> 	<p>28 BBQ CHICKEN WILD RICE BROCCOLI SPEARS GARDEN SALAD JUICY PEARS</p>	<p>29 HAM & BEANS FRESH BAKED BISCUIT DICED BEETS COLESLAW MIXED FRUIT</p>	<p>30 TURKEY TETRAZZINI GARDEN PEAS TOSSED SALAD w/BEANS FRUIT SALAD</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.