





BOULDER SENIOR CENTER OCTOBER, 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 PORK ROAST RICE PILAF GOLDEN CORN PICKLED BEETS APPLESAUCE	4 CHILI CON CARNE CORNBREAD CARROT COINS COLESLAW BAKED APPLES	5 HAMBURGER HOT DISH GREEN BEANS BROCCOLI SALAD MIXED FRUIT	6
9	10 TURKEY NOODLE CASSEROLE GARDEN PEAS MIXED SALAD SWEET PEACHES	11 BEEF TACOS REFRIED BEANS LETTUCE, TOMATO, CHEESE BLUSHING PEARS	12 POLISH DOG W/BUN OVEN POTATOES BAKED BEANS TOSSED SALAD FRESH ORANGES	13 
16	17 OVEN CHICKEN MASHED POTATOES SWEET CORN BROCCOLI SALAD CRANBERRY SALAD	18 BEEF STEW FRESH BAKED BISCUIT COLESLAW BAKED APPLES	19 TOMATO SOUP GRILLED CHEESE SANDWICH VEGGIE RELISH FOUR BEAN SALAD JUICY PEACHES	20
23	24 TURKEY ALA KING FRESH BAKED BISCUIT MIXED VEGGIES COLESLAW CRANBERRIES	25 BAKED PORK CHOP RICE PILAF PETITE PEAS GREEN SALAD W/BEANS APPLESAUCE	26 ITALIAN LASAGNA FRENCH BREAD GREEN BEANS TOSSED SALAD GOLDEN PEARS	27
30 	31 CHICKEN ENCHILADAS GOLDEN CORN MIXED GREENS FRUIT SALAD			

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.