






# BOULDER SENIOR CENTER SEPTEMBER, 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 	5 SLOPPY JOE ON A BUN OVEN POTATO 4 BEAN SALAD PINEAPPLE	6 ROAST TURKEY MASHED POTATOES BROCCOLI SPEARS CRANBERRIES	7 SPAGHETTI W/MEAT SAUCE FRENCH BREAD GREEN BEANS TOSSED SALAD JUICY PEARS	8
11	12 BBQ CHICKEN BAKED BEANS MACARONI SALAD PICKLED BEETS CINNAMON APPLES	13 PORK ROAST BROWN RICE GREEN PEAS CARROT COINS APPLESAUCE	14 TOMATO SOUP GRILLED CHEESE SANDWICH VEGGIE RELISH FOUR BEAN SALAD SWEET PEACHES	15 
18 	19 TATER TOT CASSEROLE GREEN BEANS TOSSED SALAD GOLDEN PEARS  HEARING AID CLINIC	20 CHILI WITH BEANS CORNBREAD DICED BEETS COLESLAW BAKED APPLES	21 MEAT & CHEESE PIZZA GOLDEN CORN TOSSED SALAD PINEAPPLE	22
25	26 HAMBURGER HOT DISH GREEN BEANS GREEN SALAD JUICY PEARS	27 CHICKEN ENCHILADA SWEET CORN TOSSED SALAD PEACHES	28 HOT DOG IN A BUN SAUERKRAUT OVEN POTATOES 4 BEAN SALAD MIXED FRUIT	29

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.