



Tasty Tidbits

February 2020



PRESIDENT'S DAY CLOSURE

Café Classico will be closed on:
Monday, February 17th

PROJECT HOMECOMING

Project Homecoming is a Meals on Wheels of Boulder County program for individuals with a short-term need for healthy meals following a hospitalization. You (or someone you care about) can **receive five free meals** delivered to your home if you've just been released from a hospital to your home.

As many as 50% of patients coming home from the hospital don't know where their first meal will come from once they are home.

- Many patients go home with new dietary restrictions.
- Good nutrition is an important part of the recovery process.
- Healthy nutrition can reduce the number of healthcare visits and reduce overall healthcare costs.

Allow us to support your recovery with delicious & nutritious meals...so you can focus on getting better!

It's simple to sign up...just call us at 303-441-3908.

Meals on Wheels of Boulder
909 Arapahoe Ave, Suite 121
Boulder, CO 80302
mowboulder.org

Tuesday Night Dinners at Café Classico

*Dinner offered between 5:00 pm—6:00 pm
~only \$7/person or 10 meal punch card for \$63*

February 4th

Bone in Roast Pork

or

Chicken Piccata w/ Artichoke
From Chef Kirk

February 11th

Beef or Salmon

Indian Tacos

From Chef Bear

February 18th

Greek Lemon Chicken

or

Manicotti

From Chef Kirk

February 25th

BBQ Ribs

or

Salmon

From Chef Todd

*Reservations Required
Please call 303-441-3148*

If you have questions, please don't
hesitate to call
Lehshel or Janean at:
Meals on Wheels of Boulder.
303-441-3908

