



PRESENTED BY



## EAT WELL CAFÉ

**Hours: 11 a.m. to 1 p.m.**  
**Address: 909 Arapahoe Ave.**  
**In the Age Well Center**

## MEALS ON WHEELS OF BOULDER

The mission of Meals on Wheels of Boulder is to provide nutritious meals and a daily well-being check to Boulder residents, regardless of age or income.

**info@mowboulder.org**  
**(720) 780-3380**  
**Mowboulder.org**  
**3701 Canfield St.**  
**Boulder, CO 80301**

## ABOUT THINK GOODNESS FOODS

Think Goodness Foods is a Meals on Wheels of Boulder initiative offering quiches, soups, and pies. Quiches and pies are frozen, ready to take-and-bake, and soups are ready to heat and eat! All Think Goodness Foods products are handmade using fresh ingredients.

All proceeds from Think Goodness Foods benefit Meals on Wheels of Boulder!

## THE NICHE MARKET

The Niche Market is a Meals on Wheels of Boulder initiative located in our new building at 3701 Canfield Street.

The Market is a neighborhood shop offering local products, grocery essentials, pastries, snacks and much more!

Stop by the Niche Market today to get your groceries and do good at the same time.



## PANINI OF THE DAY \$6.99

made-to-order

*Comes with a beverage and your choice of chips, coleslaw, or potato salad*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PROSCIUTTO & EGG	CUBANO	PESTO TURKEY	ROAST BEEF & ONION	REUBEN

## CREATE-YOUR-OWN-SALAD

*Comes with a beverage*

\$6.99

FOR EXAMPLE: CAESAR SALAD, COBB SALAD, OR GREEK SALAD



## PANINIS, PITAS, SANDWICHES, & WRAPS

*Comes with a beverage and your choice of chips, coleslaw, or potato salad*

\$6.99

- CAPRESE PANINI
- GRILLED CHEESE
- FALAFEL PITA
- HAM SANDWICH
- TURKEY SANDWICH
- PASTRAMI SANDWICH
- VEGGIE SANDWICH
- ROAST BEEF SANDWICH
- T.C.B.L.T. (CLUB) WRAP
- CAESAR WRAP
- B.A.L.T. WRAP
- VEGGIE WRAP

## CHEF MAX'S MAIN ENTRÉE CHEF TODD'S MAIN ENTRÉE

*Comes with a drink,  
dinner salad & dessert*

VARIES DAILY — SEE CHALKBOARD

\$6.99

A LA CARTE ENTRÉE \$3.99



## SOUPS

*Comes with a beverage*

- SOUP OF THE DAY \$4.99
- SOUP & DINNER SALAD \$5.99

## PREMIUM DESSERTS

VARIES DAILY

\$2.99

## BEVERAGES

\$1

- COFFEE
- ICED TEA
- HOT TEA



## A LA CARTE SIDES

\$2.99

- COLESLAW
- DINNER SALAD
- POTATO SALAD
- EGG SALAD
- VEGETABLE OF THE DAY
- STARCH OF THE DAY



Please note that prices do not include tax.