

# July 2022 *Eat Well Café Menu* 909 Arapahoe, M-F, 11 a.m.—1 p.m.

Mon	Tue	Wed	Thu	Fri
<p>Eat Well Café Open 11:00—1:00 Weekdays Sara Steinman, Café Manager Max Machuca, Chef</p>			<p><i>Summer time!</i></p>	<p>1 Spicy Maple Chicken - Hamburger with Potato Salad</p>
<p>4 Independence Day!  Café Closed</p>	<p>5 Tofu Bolognese - Chicken Fried Chicken</p>	<p>6 Flank Steak - Pork Marsala</p>	<p>7 Salmon - Sloppy Joe's</p>	<p>8 Bratwurst - Eggplant Parmesan</p>
<p>11 Vegetable Penne Bake - Lemon Butter Chicken</p>	<p>12 Tilapia - Beef Stroganoff</p>	<p>13 Meat Loaf - Cheese &amp; Onion Enchilada Casserole</p>	<p>14 Kielbasa Pasta - Tuna Salad with Tomato</p>	<p>15 Chicken Enchiladas - Ham Steak</p>
<p>18 Chicken Pot Stickers - Cabbage Roll</p>	<p>19 Shrimp Paella - Pasta with Mushroom Sauce</p>	<p>20 Lasagna - Creamy Cajun Chicken Pasta</p>	<p>21 Pita Cheese Pizza - Teriyaki Chicken</p>	<p>22 Chicken Fried Steak - Pork Italiano</p>
<p>25 Zucchini Pomodoro - Catfish</p>	<p>26 Chili Dogs - Stuffed Shells</p>	<p>27 Pepperoni Chicken Pasta - Honey Mustard Pork</p>	<p>28 Pan Sauce Cod - Hamburger Steak with Mushroom Gravy</p>	<p>29 Pork Chops - Ranch Chicken Pasta Salad</p>