

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

Mon	Tue	Wed	Thu	Fri
1 Café Closed	2 Beef Enchiladas - Mainly Tilapia	3 Chicken Alfredo - Vegan Tuscan White Bean Salad	4 Shrimp Pad Thai - Beef Tips & Noodles	5 Sweet & Sour Pork - Roasted Chicken
8 Chicken Fried Chicken - Vegetarian Black Bean Stew	9 Grilled Cheese & Tomato Soup - Roasted Pork	10 Cheese Burger - Lightly Topped Cod	11 Bangers & Mash - Chicken Caesar Salad	12 Baked Tilapia - Italian Beef Pot Roast
15 Tofu Parmesan - Beef Pepper Steak	16 Pork Chops - Tortilla Crusted Tilapia	17 Bucatini all'Amatriciana - Chicken Parmesan	18 Chicken Enchiladas - Tuna Salad with Muffin	19 Lemon Pepper Tilapia - BBQ Pork Ribs
22 Chicken Florentine - Sausage & Rice Casserole	23 Pasta with Beans & Tomato - Spaghetti & Meat Sauce	24 Fish of the Day - Curried Lentils	25 Meatloaf - Pesto Chicken Pasta	26 Polish Pork Sandwich - Fish & Chips
29 Shrimp Scampi - Chicken a la King	30 Chicken Lasagna - One Pot Farrow with Tomatoes	31 Cherry Pork - Herb Roasted Chicken	Eat Well Café Open 11:00—1:00 Weekdays Sara Steinman, Café Manager Max Machuca, Chef	