


# September 2023 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
<p>Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk)</p> <p>Open 11 am—1 pm Weekdays</p>				<p>1 Italian-Herbed Pork Loin - Creamed Beef on Biscuit</p>
<p>4 <b>Café Closed</b> <b>Labor Day</b></p>	<p>5 Salisbury Steak - Four Cheese Baked Ziti</p>	<p>6 Chicken Street Tacos - Beef Stir Fry</p>	<p>7 Cheese Tortellini Skillet - Pulled Pork Sandwich</p>	<p>8 Cod Meunière - Chicken Parmesan</p>
<p>11 Beef Bourguignon - Creamed Chicken w/ Broccoli &amp; Rice</p>	<p>12 Chicken à la King - Tilapia Piccata</p>	<p>13 Blackened Tilapia - Ham &amp; Bean Casserole</p>	<p>14 Carnitas - Noodles Windjammer</p>	<p>15 Vegetable Pot Pie - Beef Barley Stew</p>
<p>18 BBQ Pork Chops - Beef Macaroni</p>	<p>19 Veg. Stuffed Bell Pepper - Teriyaki Chicken Thighs</p>	<p>20 Chilaquiles - Tuna Noodle Casserole</p>	<p>21 Shrimp Creole - Vegetable Enchilada</p>	<p>22 Fried Chicken Sandwich - Pork Ragout with Polenta</p>
<p>25 Lemon Pepper Tilapia - Garlic &amp; Rosemary Pork Loin</p>	<p>26 Chicken Cacciatore - Creamed Cod &amp; Spinach</p>	<p>27 Thai Basil Eggplant - Spaghetti with Meat Sauce</p>	<p>28 Croque Monsieur - White Bean Chicken Chili</p>	<p>29 Chef John's Meatloaf - Minestrone Tortellini Stew</p>