

November 2023 *Eat Well Café Menu*



Mon	Tue	Wed	Thu	Fri
Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays		1 Bourbon BBQ Chicken - Lite Crusted Tilapia	2 Cheese Tortellini Skillet - Sausage & Wild Rice Casserole	3 Salisbury Steak - Lentil Walnut Bolognese
6 Creamy Mush- room Chicken - Beef Pepper Steak	7 Fish Tacos - Manicotti	8 Beef Stir Fry - Rustic Pork Roast	9 Green Chili Mac-n-Cheese - Lemon Butter Chicken	10 Café Closed Veterans Day
13 Italian Beef Sandwiches - Mediterranean Cod	14 Vegetarian Pot Pies - Garlic Butter Chicken Breast	15 Chicken a la King - Vegetarian Spaghetti	16 Herb-Butter Catfish - Hungarian Pork Stew	17 Pan-Seared Pork Chops - Meatloaf
20 Swedish Meatballs - Roasted Pork	21 Fried Chicken Sandwiches - Tilapia Florentine	22 Turkey Dinner	23 Café Closed Thanksgiving	24 Café Closed
27 Creamy Tuna & Noodles - Chicken Cacciatore	28 Chicken Pad Thai - Honey Garlic Pork Roast	29 Vegetarian Stuffed Peppers - Beef Stroganoff	30 Pork Loin with Cherry Glacé - Cod Piccata	