


# February 2024 *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 Beef Fajitas - Chicken Parmesan	2 Creamy Noodles and Tuna - Roasted Pork
5 Pasta Carbonara - Beef Tips In Red Wine	6 Lemon-Tarragon Fish - Sausage & Wild Rice Casserole	7 Chicken Tacos - Pasta w/ Lentil Mushroom Sauce	8 Beef Bourguignon - Lite Topped Tilapia	9 Croque Monsieur - Teriyaki Chicken
12 Chinese Pepper Steak - Mushroom Barley Stew	13 BBQ Pork - Chicken Francesca	 14 Cornmeal Catfish - Spaghetti & Meatballs	15 Chicken Satay - Roasted Adobo Pork	16 Vegetarian Pot Pie - Fish & Chips
19 <b>Presidents Day</b>  <b>Café Closed</b>	20 Beef Tostadas - Ratatouille	21 Mushroom Risotto - Chicken Florentine Casserole	22 Nana's Lasagna - Cajun Fish	23 Pork Chops - Hearty Beef Chili
26 Chef John's Meatloaf - Chicken Patty	27 Chicken Pad-Thai - Cod Piccata	28 Pineapple-Citrus Carnitas - Baked Ziti w/ Italian Sausage	29 Pasta Puttanesca - Salisbury Steak	