


# April 2024 *Eat Well Café* Menu

Mon	Tue	Wed	Thu	Fri
1 Skillet Chicken with Peaches - Ham Steak	2 Cowboy Beef Bake - Tilapia Piccata	3 Chinese Pork & Asparagus - Vegetarian Mediterranean Stew	4 Spring Orzotto - Beef Pepper Steak	5 Fish Sandwich - Moroccan Chicken
8 Quiche Lorraine - Swai with Lemon Butter	9 Beef Moussaka - Chicken Cacciatore Bake	10 Chicken Ragú - Beef Tamale Casserole	11 Panko Encrusted Cod - Spaghetti with Winter Pesto & Sweet Potato	12 Lemony Tortellini w/ Spinach & Dill - BBQ Pork Sandwich
15 Pot Roast - Chicken White Bean Chili	16 Chicken Primavera - Beef Stir Fry	17 Mujadara (Rice & Lentil Pilaf) - Honey Mustard Pork	18 Gravy-Smothered Pork Chops - Garlic Herb Baked Cod	19 Crispy Miso- Butter Fish - Farro with Spinach & Parmesan
22 Roasted Chicken w/Lemon & Garlic - Sloppy Joe	23 Black Pepper Beef Stew - Couscous with Roasted Vegetables	24 Fried Tilapia with Peri Peri Sauce - Chicken Marsala	25 Vegetarian Lasagna - Mushion Pork	26 Tamarind & Honey Pork - Tuna Salad
29 Kofta Meatballs - Italian Sausage w/ Peppers & Onions	30 Zucchini Boats - Spaghetti with Meat Sauce		<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>	