


# July 2024 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
1 Roasted Pork Loin - Tilapia Florentine	2 Trout Amandine - Garlic Parmesan Chicken	3 Oven-Fried Chicken - Hamburgers	4 Independence Day  Café Closed	5 Café Closed
8 Sesame Chicken - Honey Mustard Pork	9 Pork Cassoulet - Mushroom Stroganoff	10 Reuben Casserole - Kedgeree (Curried Rice & Seafood)	11 Veggie Frittata - Vodka Bolognese	12 Shrimp Scampi - Ranch Chicken Pasta Salad
15 Moroccan Beef Stew - Italian Chicken w/ Tomatoes & Mushrooms	16 Tempeh Tacos - Beef Stuffed Peppers	17 Javanese Pork - Teriyaki Vegetable Stir Fry	18 Turkey & Wild Rice Casserole - Shrimp & Grits	19 Tuna Casserole - Italian Sausage w/ Peppers & Onions
22 Sweet & Sour Pork - Vegetable Stew with Biscuit	23 Chicken Nicoise - Mediterranean Baked Fish	24 Poached Cod - Braised Pork in Red Wine w/Pasta	25 Chickpea Curry - Roast Turkey	26 Backyard BBQ - Sloppy Joes
29 Pork Chops - Beef Stroganoff	30 Baked Chicken - BBQ Pork Sandwich	<b>Note: Café Closing at 12:30</b> 31 Pasta Primavera - Greek Lemon Chicken	Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays	