

# August 2024 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 Lemon-Pepper Tilapia - Quinoa Salad w/ Cranberries &amp; Walnuts</p>	<p>2 Beef &amp; Broccoli - Fish &amp; Chips</p>
<p>5 Sage-Brown Butter Pork Loin - Chicken a la King</p>	<p>6 Chicken Makhani (Indian Butter Chicken) - Vegetarian Moroccan Stew</p>	<p>7 Spinach Lasagna - Pork Marsala</p>	<p>8 Beef Enchiladas - Crusted Tilapia</p>	<p>9 Panko-Crusted Cod - Beef Tips in Red Wine &amp; Noodles</p>
<p>12 Sesame Chicken - Tuscan White Bean Casserole</p>	<p>13 Roast Sausage w/ Fennel &amp; Orange - Chicken Parmesan</p>	<p>14 Seasoned Swai Fish - Spaghetti &amp; Meat Sauce</p>	<p>15 Chef John's Meatloaf - Tuna Noodle Casserole</p>	<p>16 Tomato-Basil Gnocchi - BBQ Ribs</p>
<p>19 Cocoa-Orange Catfish - Beef Pepper Steak</p>	<p>20 Lemon Chicken - Herb Roasted Pork</p>	<p>21 Roast Beef - Tuscan Baked Fish</p>	<p>22 Falafel Pitas - Pesto Chicken Pasta</p>	<p>23 Pork Schnitzel - Farro with Tomato &amp; Basil</p>
<p>26 <b>West Age Well Center &amp; Café Closed</b></p>	<p>27 BLT Sandwiches - Italian Beef Pot Roast</p>	<p>28 Parmesan-Crusted Fish - Eggplant Parmesan</p>	<p>29 Creamy Chicken &amp; Noodles - Sausage, Wild Rice &amp; Mushroom Casserole</p>	<p>30 Berbere-Spiced Beef Kofta - Chicken Caesar Salad</p>