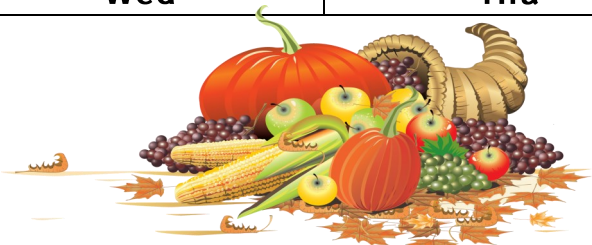


November 2024 *Eat Well Café Menu*

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 Sour Cream and Onion Cod - Lentil Walnut Bolognese</p>
<p>4 Ménage à Trois Chicken - Roast Pork</p>	<p>5 Sole Meunière - Eggplant Parmesan</p>	<p>6 Poblano Frittata - Tilapia Florentine</p>	<p>7 Smokey Tomato & Beef Spaghetti - Garlic Butter Chicken</p>	<p>8 Pork with Cherry Glacé - Beef Stew with Biscuit</p>
<p>11 Café Closed Veterans Day</p>	<p>12 Cantaloupe Marsala Penne - Sweet & Sour Pork</p>	<p>13 Tilapia with Pep- percorn Butter - Beef Stroganoff</p>	<p>14 Charred Cabbage with Sausage and Apples - Vegetarian</p>	<p>15 Pot Roast - Shrimp w/ Zesty Tomato Sauce</p>
<p>18 Fish Tacos - Spaghetti with Meat Sauce</p>	<p>19 Roasted Chicken - Hungarian Pork Stew</p>	<p>20 Beef Gyros - Manicotti</p>	<p>21 Tofu Makhani - Lemon Butter Tilapia</p>	<p>22 Pulled Pork - Chicken Parmesan</p>
<p>25 Pumpkin-Spinach Lasagna - Cod Piccata</p>	<p>26 Cocoa-Blackened Swai - White Bean Chili</p>	<p>27 Turkey Dinner</p>	<p>28 Café Closed Thanksgiving</p>	<p>29 Café Closed</p>

