

January 2025 *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 Café Closed New Year	2 Shipwreck Casserole - Tuscan Fish Stew	3 Kung Pao Tempeh - Slow Roast Pork w/ Peppers & Onions
6 Beef Stew - Tilapia Florentine	7 Rosemary Pork Loin - Sweet & Sour Meatballs	8 Vegetarian Stuffed Peppers - Pork Cutlet w/ Mushroom Gravy	9 BBQ Chicken - Vegetarian Farro Skillet	10 Blackened Swai - Tuscan Chicken w/Red Beans
13 Charred Vegeta- ble Ratatouille - Creamy Chicken & Spinach Pasta	14 Country-Fried Chicken - Lemon Tarragon Fish	15 Sweet & Sour Pork - Vegetarian Moroccan Tagine	16 Italian Beef Sandwiches - Pork Green Chili Stew	17 Cornmeal- Encrusted Catfish - Spaghetti w/ Meat Sauce
20 Café Closed Martin Luther King Day	21 Chicken Caprese - BBQ Pork Sandwich	22 Pork Chops - Garlic Butter Chicken	23 Fish Tacos - Vegetarian Stew	24 Chinese Pepper Steak - Lite Topped Fish
27 Twice-Baked Potatoes - Roast Pork	28 Roasted Chicken - Pasta Primavera	29 Puerco (Pork) al Pastor - Cajun Fish	30 Garlic-Soy Tofu Stir-Fry - Chili Mac	31 Steak Tips w/ Tomato-Thyme Gravy - Citrus Herb Chicken