

February 2025 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>3 Manicotti - Teriyaki Tilapia</p>	<p>4 Lemon Chicken - Pork Paprikash</p>	<p>5 Creamy Tuna & Noodles - Beef Tips in Red Wine</p>	<p>6 Bratwurst with Peppers and Onions - Mediterranean Chicken</p>	<p>7 Beef Gyros - Mushroom Barley Stew</p>
<p>10 Lemon-Tarragon Fish - Salsa Chicken</p>	<p>11 Pork Schnitzel - Ratatouille</p>	<p>12 Baked Ziti - Parmesan Crusted Tilapia</p>	<p>13 Roasted Chicken - Pork Eggroll in a Bowl</p>	<p> 14 Eggs Benedict - Spaghetti w/ Meat Balls</p>
<p>17 Café Closed Presidents Day</p>	<p>18 Pasta Primavera - Salisbury Steak</p>	<p>19 Blackened Cod - Ham & Lentil Stew</p>	<p>20 Honey-Garlic Chicken - Tilapia Piccata</p>	<p>21 Beef Stir-Friday - Chicken Florentine</p>
<p>24 Oven-Fried Chicken - Hearty Beef Chili</p>	<p>25 Roasted Pork - Baked Fish</p>	<p>26 Cajun Catfish - Pesto Chicken</p>	<p>27 Reuben Casserole - Curried Lentils w/Cauliflower</p>	<p>28 Vegetable Pot Pie - Pank-Crusted Pork Chop</p>