




# March 2025 Eat Well Café Menu

Mon	Tue	Wed	Thu	Fri
3 Tuna Melt - Beef Stroganoff	4 Pot Roast - Vegetarian Cassoulet	5 Mandarin Barbeque Pork - Turkey a la King	6 Green Curry Lentils and Pasta - Roast Pork	7 Chicken & Dumplings - Fish & Chips
10 Swiss Steak - Chicken Florentine Casserole	11 Cod with Creamy Mushrooms - Sweet & Sour Pork	12 Roasted Chicken - Eggplant Parmesan	13 Coconut Tempeh - Shrimp & Grits	14 Pork Chops w/ Apples & Mustard Gravy - Meatloaf
<b>ST. PATRICK'S DAY</b> 17 Corned Beef	18 Cantaloupe-Marsala Penne - Dakdoritang (Korean Spicy Chicken Stew)	19 Cornbread Breakfast Casserole w/Bacon - Piccata Fish	20 Chicken Fricassee - Vegetarian Chili	21 Fried Catfish - Pork Stir Fry
24 Turkey Tetrazzini - Pork Taco Bake	25 Braised Short Ribs - Blackened Fish	26 Smokey Grilled Cheese & Tomato Soup - Beef Barley Stew	27 Teriyaki Flank Steak - Chicken Tikka Masala	28 Herb & Cream Baked Sole - Lentil Walnut Bolognese
31 Beef Goulash - Lemon Pepper Fish	 <p>May the dreams you hold dearest be those which come true. The kindness you spread, keep returning to you! -Irish Proverb</p>	<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>		