



April 2025 Eat Well Café Menu

Mon	Tue	Wed	Thu	Fri
	1 Chef's Choice Quiches - Italian Sausage w/ Pepered Onions	2 Beef Stew - Chicken Cacciatore	3 Pork Schnitzel - Cabbage Roll	4 Fish Tacos - Pasta Primavera
7 Corned Beef Hash - Chicken Chimichurri	8 Chicken-Fried Rice - Black Bean Vegetarian Chili	9 Cod w/ Lemon, Olive, Onion Relish - Honey Mustard Pork	10 Pork Chops - Tilapia w/ Dill Sauce	11 Falafel Pitas - Spaghetti w/ Meat Sauce
14 Roasted Chicken - Beef Pepper Steak	15 Croque Monsieur - Lemon Butter Swai	16 Vegetarian Lasagna - Chickpea Curry w/ Cauliflower	17 Beef Bulgogi - BBQ Pulled Pork	18 Mustard-Crusted Tilapia - Chicken Marsala
21 Eggplant Parmesan - Mushion Pork	22 Sausage Gumbo - Curry Chicken	23 Haddock Citrine - Sloppy Joe	24 Barbacoa Fajitas - Mushroom Stroganoff	25 Chicken Pot Pie - Tuna Salad
28 Sesame-Crusted Cod - Vegetarian Farro Skillet	29 Biscuits and Gravy - Beef Tips	30 Lemon-Herb Chicken - Fish & Chips	Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays	