

Tasty Tidbits

April 2025



Did you Know?

At MOW Boulder, our lunch portion size is based on FDA dietary requirements. Occasionally some clients feel like this isn't enough food to satisfy their hunger. If you sometimes need more food, we have a couple options to help you:

You can purchase an extra meal (have two meals delivered for lunch), just tell us 2 days in advance.

OR

We can include additional protein to your meal for \$.50.



Happy QuicheEaster!

Build your holiday meal with our 10" frozen, ready-to-bake quiches.

April 7th - 18th
(while supplies last)

Available in 7 Delicious Flavors!
\$17.99, plus tax

- Ham and Cheese
- Italiano with Italian Sausage
- Florentine with Spinach & Bacon
- Mexicana-Meatless
- Mediterranean-Meatless
- Margherita-Meatless
- Mushroom & Leek-Meatless

Call 720-780-3380 to order or Purchase at this location:

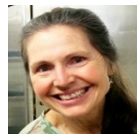
The Niche Market
3701 Canfield St, Boulder
M-F 9am-6pm

Tidbits from Chef Todd

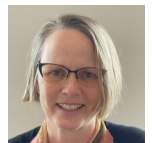
- Approximately 90% of our meals are low sodium. We do not cook with salt.
- Every meal is nutritionally balanced with the three food groups.
- We alternate protein types every week to provide variety.
- Summer salads are on the way!



If you have questions, please call
Lehshel or Kim
at:



Meals on Wheels
of Boulder
720-780-3380



Meals on Wheels of Boulder
3701 Canfield St
Boulder, CO 80301
mowboulder.org