



May 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>1 Pot Roast - Rosemary Ranch Chicken</p>	<p>2 Tuscan Tortellini Skillet - Yucatan Pork</p>
<p>5 Oven-Fried Chicken - Stuffed Pasta</p>	<p>6 Quiche Lorraine - Cajun Chicken</p>	<p>7 Chili Dogs - Lite Topped Fish</p>	<p>8 Crispy Tofu Stir-Fry - Swedish Meatballs</p>	<p>9 Crouton-Dusted Tilapia - Pork Cutlet w/ Mushroom Gravy</p>
<p>12 Orzotto Primavera - Lemon Garlic Chicken</p>	<p>13 Chicken Makhani - Blackened Fish</p>	<p>14 Cheesesteak Stuffed Peppers - Rosemary Pork</p>	<p>15 Blackened Catfish - Ratatouille</p>	<p>16 Pork Bahn Mi - Roast Beef</p>
<p>19 Pork & Cucumber Stir-Fry - Crusted Fish</p>	<p>20 Chicken Alfredo - Sesame Beef</p>	<p>21 Hashbrown Casserole - BBQ Chicken Sandwich</p>	<p>22 Beef Gyros - Bratwurst & Sauerkraut</p>	<p>23 Garlic-Lime Cod - Vegetable Cassoulet</p>
<p>26 Café Closed Memorial Day</p>	<p>27 Fish Sandwich - Chicken Piccata</p>	<p>28 Roasted Chicken - Beef Chili</p>	<p>29 Carne Asada - Shrimp Scampi</p>	<p>30 Bratwurst Bar - Springtime Pasta Salad</p>