




March 2026 Eat Well Café Menu

Mon	Tue	Wed	Thu	Fri
2 Green Chili Mac n Cheese - Chicken & Broccoli Casserole	3 Arroz Con Pollo - Sweet Chili Pork	4 Beef Stroganoff - Vegetarian Cassoulet	5 Roast Pork - Fish with Dill Sauce	6 Lemon Pepper Fish - Southwest Veggie Beef Taco
9 Ham Pineapple Pizza - Fish & Chips	10 Baked Ziti - Chicken Fried Chicken	11 White Bean Chicken Chili - Beef Tips	12 French Dip - Rosemary Pork Roast	13 Fish Sandwich - Stuffed Shells
16 Creamy Cabbage Pasta Bowl - Pork Marsala	 17 Bangers & Mash - Corned Beef & Cabbage	18 Mushroom Parmesan - Chicken Tikka Marsala	19 Clam Chowder - Vegetarian Bean Chili	20 Pepper Steak - Piccata Fish
23 Gyros - Spaghetti with Meat Balls	24 Goetta - Farro with Tomato & Basil	25 Vegetarian Lasagna - Rustic Pork Loin	26 Steak Tacos - Tuna Noodle Casserole	27 Smoky Fish and Couscous - Chicken Parmesan
30 BLT - Mushroom Stroganoff	31 Chicken Korma - Baked Fish		Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays	