



April 2026 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 Beef Florentine Casserole - Honey Mustard Pork</p>	<p>2 Fish Milanese - Chicken Marsala</p>	<p>3 Mushroom Lentil Gratin - Sloppy Joe</p>
<p>6 Chimichurri Beef - Chicken Curry</p>	<p>7 Oven Fried Chicken - Roasted Pork</p>	<p>8 Teriyaki Salmon - Beef Pepper Steak</p>	<p>9 Vegetarian Ragu - Swai with Lemon Butter</p>	<p>10 BBQ Pulled Pork - Vegetarian Taco Bake</p>
<p>13 Chorizo Breakfast Burrito - Beef Baked Ziti</p>	<p>14 Impossible Burgers (veg) - Galic Butter Chicken</p>	<p>15 Spiced Duck - Lemon Pepper Tilapia</p>	<p>16 Tajin Chicken - Stuffed Shells</p>	<p>17 Coconut Fish & Tomato Bake - Roast Pork with Mushrooms</p>
<p>20 Pasta Bolognese - M'Jaddara (Lentils & Rice)</p>	<p>21 Asian Pork Lettuce Wraps - Ground Beef & Broccoli</p>	<p>22 Cabbage Rolls - Chicken Posole Verde</p>	<p>23 Egg Bites - Black Pepper Pork</p>	<p>24 BBQ Chicken Pizza - Tuna Salad</p>
<p>27 Dill Pickle Chicken - Baked Cod</p>	<p>28 Miso Fish Chowder - Indian Butter Chickpeas</p>	<p>29 Hamburgers & Hotdogs - Spaghetti w/ Italian Sausage</p>	<p>30 Pad Thai - Beef Enchilada Casserole</p>	