




May 2026 Eat Well Café Menu

Mon	Tue	Wed	Thu	Fri
Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays				1 Quinoa Breakfast Bowl - BBQ Chicken Sandwich
4 Buttermilk Roasted Tofu - Rosemary Pork	5 Basil Tomato Chicken Bake - Crusted Fish	6 Fish w/ Vanilla Buerre Blanc - Meatloaf	7 Greek Burgers w/ Feta Sauce - Cajun Chicken	8 Pork Tenderloin Sandwiches - Spring Pasta Salad
11 Green Curry Vegetarian Stew - Blackened Fish	12 Sweet & Sour Chicken - Sesame Beef	13 Spiced Pork Chops - Chicken Piccata	14 Spaghetti & Meatballs - Ratatouille	15 Spinach Goat Cheese Quiche - Roasted Pork
18 Jalapeno Pineapple Pork Roast - Swedish Meatballs	19 Red Lentil Dahl - Yucatan Chicken	20 Buffalo Chicken Bowl - Eggplant Parmesan	21 Pistachio Crusted Fish - Sausage & Wild Rice Casserole	22 Frico Grilled Cheese & Tomato Soup - Fish & Chips
 25 Café Closed Memorial Day	26 Baked Fish - Manicotti	27 Four Cheese Mac & Cheese - Bratwurst with Sauerkraut	28 Maple Miso Chicken Thighs - Beef Chili	29 Italian Beef Sandwich - Rosemary Ranch Chicken