



# June 2026 *Eat Well Café* Menu

Mon	Tue	Wed	Thu	Fri
<p>1 Pulled Pork Sandwich - Chicken Piccata</p>	<p>2 Beef Chimichanga - Chickpea Curry with Rice</p>	<p>3 Chicken Korma - Mexican Beef Skillet Bake</p>	<p>4 Falafel - Lite Topped Tilapia</p>	<p>5 Crusted Fish - Dan Dan Noodles w/ Pork</p>
<p>8 Beef Florentine Casserole - Roasted Red Pepper Alfredo</p>	<p>9 Chicken Parmesan - Mediterranean Beef Stew</p>	<p>10 Stuffed Cabbage (Beef/Pork) - Citrus Herb Tilapia</p>	<p>11 Fish w/ Vanilla Beurre-Blanc - Pork Goulash</p>	<p>12 Cheese Tortellini - Chicken Taco Bake</p>
<p>15 Pork Posole - Spaghetti w/ Meat Sauce</p>	<p>16 Impossible Burgers - Blackened Swai</p>	<p>17 Pickle Brined Chicken - Eggplant Parmesan</p>	<p>18 Beef Meatball Sub - Chicken Salad</p>	<p>19 Clam Chowder - Cabbage Roll</p>
<p>22 Chicken Fried Rice - Southwest Baked Fish</p>	<p>23 Stuffed Zucchini (Pork or Veg) - Scottish Bangers &amp; Mash</p>	<p>24 Green Curry Chickpea Stew - Creamy Cajun Chicken Pasta</p>	<p>25 Baked Cod - Beef Pepper Steak</p>	<p>26 Sesame Beef - Stuffed Pasta</p>
<p>29 Teriyaki Chicken Salad - Roast Pork with Dressing</p>	<p>30 Pepperoni Pizza - Korean Chicken &amp; Rice</p>			
<p style="text-align: right;">Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays</p>				