



July 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 Mushroom Parmesan - Tilapia Florentine	2 Trout - Hot Dog, Potato Salad, Baked Beans	3 Cafe Closed Fourth of July Observed
6 Beef Lasagna - Mediterranean Baked Fish	7 Lentil & Mushroom Gratin - Garlic Parmesan Chicken	8 Breakfast for Lunch - Hamburger Steak	9 Chicken Primavera - Vegetarian Cassolet	10 Tuna Casserole - Honey Mustard Pork
13 Potato Chip Chicken - Vegetable Stir Fry	14 Smokey Fish w/ Couscous - Moussaka	15 Cauliflower Steaks - Roast Chicken	16 Spaghetti & Meatballs - BBQ Pork Sandwich	17 Pork Tenderloin - Baked Fish
20 Fish Tacos - Beef Vodka Bolognese	21 Creamy Garlic Chicken - Lentil Stew	22 Beef Stroganoff - Tex-Mex Pork Roast	23 Vegan Pasta Carbonara - Manhattan Fish Stew	24 Braised Pork - Chicken Caesar Salad
27 Chicken Enchiladas - Roast Pork	28 Steak Tacos - Baked Fish w/ Tomato Salsa	29 Goetta - Vegetable Lasagna	30 Chickpea, Spinach and Feta Pie - Greek Lemon Chicken	31 Walnut Crusted Fish - Beef Stuffed Pepper