



August 2026 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
3 Lasagna - Vegan Greek Sheet Pan Dinner	4 Chicken Parmesan Burger - Salisbury Steak	5 Mushroom Lentil Gratin - Lite Topped Cod	6 French Toast - BBQ Pork Ribs	7 Pepperoni Pasta Salad - Chicken Piccata
10 Tomato Basil Chicken Bake - Beef Tips in Red Wine	11 Burgers - Baked Whiting Fish	12 Chicken Korma - Italian Sausage Baked Ziti	13 Shrimp Roll - Chicken Pesto Pasta Salad	14 Smoky Garlic Butter Fish - Tuscan White Bean Casserole
17 Orange Beef - Crab Cakes	18 Chicken Tacos - Pork Marsala	19 Baked Fish - Chicken a la King	20 Miso Marinated Pork Roast - Farro with Tomato & Basil	21 Lemon Basil Pasta - Hamburger Gravy w/ Mashed Potatoes
24 Clam Chowder - Rustis Pork Loin	25 Tortellini - Chicken Fried Chicken	26 Beef Quasedilla - Pasta Primavera	27 Creamy Tuscan Chicken - Sweet & Sour Meatballs	28 Garlic Pork Ribs - Fish & Chips
31 Bean & Cheese Burritos - Chicken Pepperoni Casserole			Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays	