



September 2026 *Eat Well Café Menu*

Mon	Tue	Wed	Thu	Fri
	1 Cafe Closed	2 Chickpea Curry - Beef Pepper Steak	3 Beef Stroganoff - Orecchiette w/ White Beans and Spinach	4 Fish & Chips - Asian Chicken Salad
7 Cafe Closed Labor Day	8 Breakfast for Lunch - Beef Macaroni	9 Honey Soy Pork - Eggplant Parmesan	10 Baked Fish - White Bean Chicken Chili	11 Cajun Chicken Pasta - Pork Loin Roast
14 Chicken Ramen Noodle Bowl - Spaghetti & Meatballs	15 Mushroom Parmesan - 3 Bean Chili	16 Lemon Cream Fish - Garlic Butter Chicken	17 Lemon Ricotta Pasta - Pork Dumpling Bowl	18 Asian Pork Lettuce Cup - Tilapia w/ Lemon Herbs
21 Mississippi Chicken - Mushroom Stroganoff	22 Soft Shell Crab - Roast Chicken	23 Vegetable Tikka Masala - Pork Green Chili Stew	24 Beef Burrito Bowl - Shrimp & Grits	25 Grilled Hoisin Pork tenderloin - Morrocan Apricot Beef
28 Quinoa Salad - Creamy Tuscan Chicken	29 Butter Chicken - Roast Pork	30 Chicago Style Hot Dogs - Baked Fish	Eat Well Café (Inside the Age Well Center) 909 Arapahoe Ave, Boulder 303-441-3148 (Front desk) Open 11 am—1 pm Weekdays	