

Lakeshore Cafe

January 2011

www.broomfieldseniors.com

RESERVATIONS NEEDED BY 4:00 PM THE DAY BEFORE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CLOSED For NEW YEARS</p>	<p>4</p> <p>Chicken Pot Pie Black-eyed Peas Stewed Tomatoes Pub Salad Chocolate Cream Pie</p>	<p>5 Healthy Hearts Mustard Crusted Salmon Rice Pilaf Soybean Medley Baby Spinach Salad Fresh Cut Fruit</p>	<p>6</p> <p>Beef Chili w/Cornbread Autumn Vegetables Zucchini Salad Brownies</p>	<p>7 Birthday Lunch Dry-rub Pork Loin w/Apple BBQ Sauce Mashed Sweet Potatoes Green Bean Amandine Fresh Green Salad Strawberry Cake</p>
<p>10</p> <p>Savory Beef Tips over Rice Thyme Roasted Potatoes Marinated Mushroom Salad Apple Pie</p>	<p>11</p> <p>Apple Walnut Stuffed Chicken Baked Yams Sweet Peas 4 Bean Salad Chocolate Mousse</p>	<p>12</p> <p>Swiss Steak Scalloped Apples Fresh Green Beans Cottage Cheese Cup Peanut Butter Cookies</p>	<p>13</p> <p>Chicken Chimichanga Spanish Rice Roasted Zucchini Green Pea Salad Lemon Bars</p>	<p>14</p> <p>Baked Ham Mac & Cheese Winter Vegetables Spinach Orange Salad Chocolate Zucchini Bread</p>
<p>17</p> <p>CLOSED FOR MARTIN LUTHER KING DAY</p>	<p>18</p> <p>Lasagna Roll-ups Italian Vegetables Garlic Bread Caesar Salad Banana Cake</p>	<p>19 Healthy Hearts Garden-herbed Whitefish Wild Rice Asparagus Mixed Spinach Salad Fresh Cut Melon</p>	<p>20</p> <p>Chicken Tenders w/Country Gravy Sweet Potato Fries Brussels Sprouts Carrot Raisin Salad Diced Pears</p>	<p>21</p> <p>Old Fashioned Meatloaf Mashed Potatoes Spaghetti Squash Green Leaf Lettuce Pumpkin Mousse</p>
<p>24</p> <p>Spinach Stuffed Sole Wild Rice Blend Spring Vegetables Mixed Green Salad Fresh Fruit</p>	<p>25</p> <p>BBQ Beef Sandwich Baked Beans Marinated Cauliflower Coleslaw Chocolate Chip Cookies</p>	<p>26</p> <p>Shredded Pork Soft Tacos Rice Medley Refried Beans Cucumber Tomato Salad Flan</p>	<p>27</p> <p>Pot Roast Baked Potato Glazed Carrots Creamy Cucumber Salad Jell-O</p>	<p>28</p> <p>Chicken Parmesan over/Spaghetti Steamed Broccoli Garlic Rolls Crisp Romaine Salad Hot Fudge Cake</p>
<p>31</p> <p>Cabbage Rolls Potatoes Au Gratin Snap Peas Beet Salad Sliced Peaches</p>				

to change due to availability 303-464-5526.