

August Tasty Tidbits



What? Me Worry?

Because Boulder Meals on Wheels is not federally funded (by choice), we are not in danger of losing federal dollars as a result of Sequestration. We are blessed with the loyal support of our neighbors, businesses and foundations. THANK YOU!

Hearty & Healthy Italian Salad for One

2 cups prewashed, mixed baby salad greens
1/4 cup sliced red onion
1/4 cup sliced mushrooms
6 cherry tomatoes
1 hard boiled egg, cooled and chopped
1 oz. shredded low-fat mozzarella cheese
2 Tbs. Italian salad dressing

Combine ingredients, drizzle with salad dressing and serve.

Yield, 1 serving, about 3 cups.

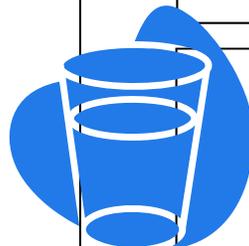
Calories: 248, Carbs: 18 gms, Protein: 17 gms, Sodium: 575 mg, Fiber: 3gms.



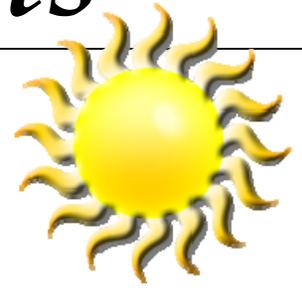
Fun Cooling Summer Treats:

- o Frozen grapes: Pop individual grapes in a baggy and put them in the freezer to make an easy to eat cold treat. Take out only what you want to eat immediately.
- o Frozen watermelon pops: Insert a coffee stirrer/popsicle stick in a "stick" of watermelon, freeze on a cookie sheet and then place in a plastic bag and store in the freezer.
- o Frozen orange slices: Cut orange slices, spread them on a cookie sheet, freeze and store them in a baggie, ready to take out and enjoy a few slices at a time.

**DON'T FORGET TO
DRINK PLENTY OF WATER!**



Café Classico is open
for lunch Monday
through Friday
11:30am - 12:30pm.



**Only \$5 for a complete lunch including
beverage and dessert.**

Tuesday evenings in August at Café Classico

All ages welcome

Dinner—5:30 p.m. \$6 per person

Reservations appreciated 303-441-3148

August 6

Biscuit battered catfish or pork chop
Health & wellness tips from Caitlin Murray

August 13

Classico lasagna or roasted chicken

August 20

Spaghetti with meatballs
or chicken Parmesan

August 27

Turkey w/mashed potatoes
or stuffed peppers

If you have any questions about our
menus, our delivery service, your billing,
or anything else, please don't hesitate to
call Tasia or Patricia at 303-441-3908.