

October



Gold Country Senior Cafe

A service of Gold Country Community Services, inc.

Good Food & Great Company

841 Old Tunnel Road, Grass Valley, CA 95945



<p>2 Spaghetti & Meat Sauce French Cut Green Beans Spinach Salad w/Mandarins Mixed Berries Garlic Bread</p>	<p>3 Cheesy Krab Kakes Asparagus Mango Salsa Black Beans & Brown Rice</p> <p>1:00pm - Pinochle</p>	<p>4 BBQ Chicken Sandwich Coleslaw Ranch Beans Strawberries & Mangos WW Dinner Roll</p> <p>12:30pm - Gary Hinz One-Man Band</p>	<p>5 Spinach Lasagna Italian Green Beans Green Salad Citrus Cup Garlic Breadstick</p>	<p>6 Beef Soft Taco Chuck Wagon Corn Pinto Beans Banana</p> <p>1:15pm - Bingo</p>	
<p>9 Turkey Tetrzzini Italian Veggies Green Salad Lebanese Fruit Salad</p>	<p>10 Fiesta Chicken Fajita Veggies w/Carrots Sliced Pears Mexican Brown Rice</p> <p>1:00pm - Pinochle</p>	<p>11 Turkey Chili Green Salad w/Tomato Corn Bread Peach Crisp</p> <p>12:30pm - Tad Kitada, 11:15am - Blood Pressure</p>	<p>12 California Pork Asparagus Citrus Cup Brown Rice</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>13 Tunisian Meatballs California Veggies Strawberries & Bananas Steamed White Rice</p> <p>1:15pm - Bingo</p>	
<p>16 Fish & Chips Potato Wedges Green Salad w/Mandarins WW Dinner Roll</p>	<p>17 Grilled Turkey & Cheese Sandwich Zucchini Squash Warm Cranberry Orange Relish</p> <p>1:00pm - Pinochle</p>	<p>18 Meat Loaf w/Gravy Smashed Red Potatoes Broccoli Peaches&Cottage Cheese Hawaiian Roll</p> <p>12:30pm - Heather MacAdam</p>	<p>19 Chicken Curry Peas & Carrots Lebanese Fruit Salad Asian Brown Rice Butterscotch Pudding</p>	<p>20 Stir Fried Chicken & Veggies Green Salad Warm Cinnamon Applesauce Steamed White Rice</p> <p>1:15pm - Bingo</p>	
<p>23 Chicken Enchilada Zucchini Squash Peaches & Yogurt Mexican Brown Rice</p>	<p>24 Winter Frittata O'Brien Potatoes Lebanese Fruit Salad WW Dinner Roll</p> <p>1:00pm - Pinochle</p>	<p>25 Chicken Cacciatore Italian Green Beans Sliced Pears Garlic Bread</p> <p>12:30pm - Happy Birthday celebration with cake</p>	<p>26 Macaroni & Cheese California Veggies Green Salad w/Tomato Garlic Breadstick Gelatin Fruit Salad</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>27 Beef Shepherd's Pie Green Salad w/Tomato Citrus Cup WW Dinner Roll</p> <p>1:15pm - Bingo</p>	
<p>30 Beef Stroganoff Brussel Sprouts WW Bowtie Pasta Apple Crisp</p>	<p>31 Chicken in Wine Sauce Green Beans Green Salad w/Mandarins WW Dinner Roll</p> <p>1:00pm - Pinochle</p> 	 <p>Like us on Facebook for more info on activities and classes!</p> 			<div data-bbox="1274 1612 1526 1764" style="border: 1px solid black; padding: 5px;"> <p>When you see this salt shaker it indicates a meal higher in sodium.</p>  </div> <div data-bbox="1274 1801 1526 1896" style="border: 1px solid black; padding: 5px;"> <p>Lunch is served at 12:00 noon, Monday - Friday</p> </div>

