

# December



## Gold Country Senior Cafe

A service of Gold Country Community Services, inc.

### Good Food & Great Company

841 Old Tunnel Road, Grass Valley, CA 95945



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and classes!

Lunch is served at  
12:00 noon, Monday -  
Friday

When you see this salt  
shaker it indicates a meal  
higher in sodium.



Beef Stroganoff  
Brussel Sprouts  
Warm Cinnamon  
Applesauce  
Hawaiian Roll

1:15pm - Bingo

<p>4 Chicken Enchilada Zucchini Squash Citrus Cup Mexican Brown Rice</p>	<p>5 Tunisian Meatballs California Veggies Strawberries &amp; Bananas Steamed White Rice</p> <p>1:00pm - Pinochle</p>	<p>6 Asparagus Tuna Casserole Green Salad w/Tomato Lebanese Fruit Salad Hawaiian Roll</p> <p>12:30pm - Rhythm 'n' cheer with Kelly Fleming</p>	<p>7 Winter Frittata O'Brien Potatoes Lebanese Fruit Salad WW Dinner Roll</p>	<p>8 Fish &amp; Chips Potato Wedges Green Salad w/Mandarins WW Dinner Roll</p> <p>1:15pm - Bingo</p>
<p>11 Turkey Chili Green Salad w/Tomato Corn Bread Peach Crisp</p>	<p>12 Spinach Lasagna Italian Green Beans Green Salad Citrus Cup Garlic Breadstick</p> <p>1:00pm - Pinochle</p>	<p>13 <b>Holiday Celebration at the LOVE Bldg featuring Finger Lickin' Chicken and a performance by The Forever Young Chorus RSVP at 273-4971</b></p>	<p>14 Lemon Pepper Fish Spinach Asian Cole Slaw Tropical Mango Salsa Brown Rice</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>15 Chicken Cacciatore Italian Green Beans Green Salad Sliced Pears Garlic Bread</p> <p>1:15pm - Bingo</p>
<p>18 Sweet &amp; Sour Chicken Spring Roll Tropical Fruit Brown Rice</p>	<p>19 Cheese Ravioli w/Meat Sauce Italian Veggies Green Salad Lebanese Fruit Salad Garlic Bread</p> <p>1:00pm - Pinochle</p>	<p>20 Chicken Supreme Steamed Carrots Spinach Salad w/Mandarins Peach Crisp</p> <p>12:30pm - Singer/guitarist Heather MacAdam pays a Yuletide visit</p>	<p>21 Beef Bourguignon Boiled Red Potatoes Green Salad w/Tomato Pineapple &amp; Grapes WW Dinner Roll</p>	<p>22 Baked Ham Baked Sweet Potato Spinach Pineapple Chunks Hawaiian Roll</p>  <p>1:15pm - Bingo</p>
<p>25 <b>CLOSED</b></p> 	<p>26 Hot Roast Beef Sandwich Smashed Red Potato w/Gravy Whole Kernel Corn Cranberry Orange Relish Cherry Icebox Dessert</p> <p>1:00pm - Pinochle</p>	<p>27 Breaded Pork Cutlet Baked Sweet Potato Steamed Carrots Cranberry Relish WW Dinner Roll</p> <p>12:30pm - Birthday Cake PLUS the popular Buffalo Gals!</p>	<p>28 BBQ Chicken Sandwich Coleslaw Ranch Beans Strawberries &amp; Mango WW Dinner Roll</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>29 Turkey Tetrizzini Italian Veggies Green Salad Lebanese Fruit Salad</p> <p>1:15pm - Bingo</p>

AGENCY  
ON AGING  
AREA 4

Individuals 60 Years of Age or Older - Suggested Donation \$3.00

Guests 59 Years of Age or Younger - Fee \$7.00

Activities Schedule on Back of Menu

For More Information or to make a reservation, Please Call 530-273-4961

