

January



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>CLOSED</p> 	<p>Fiesta Chicken Fajita Veggies w/Carrots Green Salad Sliced Pears Mexican Brown Rice</p> <p>1:00pm - Pinochle</p>	<p>Swedish Meatballs Scandinavian Veggies Green Salad Lebanese Fruit Salad Hawaiian Roll</p> <p>12:30pm - Tad Kitada starts the year with lively sing-along</p>	<p>Breaded Whitefish Coleslaw Barley Casserole Tropical Fruit WW Dinner Roll</p>	<p>Winter Frittata O'Brien Potatoes Gelatin Fruit Cocktail WW Dinner Roll</p> <p>1:15pm - Bingo</p>
<p>Beef Stroganoff Brussel Sprouts Egg Noodles Apple Crisp</p>	<p>Chicken Dijon Glazed Carrots Green Salad Citrus Cup Hawaiian Roll</p> <p>1:00pm - Pinochle</p>	<p>Cube Steak w/Mushroom Sauce California Veggies Oven Roasted Red Potatoes Sliced Pears WW Dinner Roll</p> <p>12:30pm - Classic rock from BluRoc / Blood Pressure Check - 11:15am</p>	<p>Breaded Turkey Cutlet Smashed Red Potatoes w/Gravy Broccoli Cranberry Orange Relish Hawaiian Roll</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>Fish & Chips Baked Potato Wedges Green Salad w/Mandarins WW Dinner Roll</p> <p>1:15pm - Bingo</p>
<p>Chicken Parmesan French Cut Green Beans Green Salad Fruit Cocktail Garlic Bread</p>	<p>Grilled Turkey & Cheese Sandwich California Veggies Green Salad Cranberry Orange Relish</p> <p>1:00pm - Pinochle</p>	<p>Guinness Stew Brussel Sprouts Boiled Red Potatoes Strawberries & Bananas WW Dinner Roll</p> <p>12:30pm - Ukulele songbird Carol Meals</p>	<p>Chicken Enchilada Zucchini Squash Mixed Berries Mexican Brown Rice</p>	<p>Broccoli Beef Green Salad Cinnamon Applesauce Asian Brown Rice</p> <p>1:15pm - Bingo</p>
<p>Beef Soft Taco Chuck Wagon Corn Banana Pinto Beans</p>	<p>Spinach Lasagna Italian Green Beans Green Salad Mandarins & Strawberries Breadstick</p> <p>1:00pm - Pinochle</p>	<p>Hot Turkey Sandwich Smashed Red Potatoes Green Salad w/Mandarins Cranberry Orange Relish WW Bread </p> <p>12:30pm - Singer/guitarist Wayne Padden</p>	<p>Meat Loaf Broccoli Smashed Red Potatoes w/Gravy Mixed Berries WW Dinner Roll</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>Lemon Pepper Fish Spinach Asian Cole Slaw Tropical Mango Salsa Brown Rice</p> <p>1:15pm - Bingo</p>
<p>Chicken Cacciatore Italian Green Beans Green Salad Sliced Pears Garlic Bread</p>	<p>BBQ Beef Sandwich Ranch Beans Coleslaw Mixed Berries WW Dinner Roll</p> <p>1:00pm - Pinochle</p>	<p>Cheese Ravioli w/Meat Sauce Italian Veggies Green Salad Lebanese Fruit Salad Garlic Bread</p> <p>12:30pm - Birthday Celebration with cake from Golden Empire Nursing & Rehab Center</p>	<div style="text-align: center;">  <p>Like us on Facebook for more info on activities and classes!</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>When you see this salt shaker it indicates a meal higher in sodium. </p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Lunch is served at 12:00 noon, Monday - Friday</p> </div>	