

February







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>1</p> <p>Chicken in Wine Sauce Green Beans Green Salad w/Mandarins WW Dinner Roll</p>	<p>2</p> <p>California Pork Asparagus Lebanese Fruit Salad Brown Rice</p> <p>1:15pm - Bingo</p>
<p>5</p> <p>Cheesy Krab Cakes Black Beans & Rice Asparagus Mango Salsa Hawaiian Roll</p>	<p>6</p> <p>Tunisian Meatball California Veggies Green Salad w/Tomato Strawberries & Bananas Brown Rice</p> <p>1:00pm - Pinochle</p>	<p>7</p> <p>Chicken Curry Peas & Carrots Citrus Cup Asian Brown Rice Butterscotch Pudding</p> <p>12:30pm - Singer/guitarist Kelly Fleming plays rhythm 'n' fun</p>	<p>8</p> <p>Beef Bourguignon Boiled Red Potatoes Green Salad w/Tomato Pineapple & Grapes French Bread</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>9</p> <p>Turkey Tetrazzini Glazed Carrots Green Salad Mandarins & Strawberries Buttermilk Biscuit</p> <p>1:15pm - Bingo</p>
<p>12</p> <p>Swedish Meatballs Scandinavian Veggies Barley Casserole Lebanese Fruit Salad Hawaiian Roll</p>	<p>13</p> <p>Macaroni & Cheese California Veggies Green Salad w/Tomato Hawaiian Roll Gelatin Fruit Cocktail</p> <p>1:00pm - Pinochle</p>	<p>14</p> <p>Beef Chili Spinach Salad w/Mandarins Mexican Brown Rice Peach Crisp</p> <p>12:30pm - Yubaleles combine 60's songs w/ukulele romance / Blood Pressure Check - 11:15am</p> 	<p>15</p> <p>Stir Fry Chicken w/Veggies Green Salad Cinnamon Applesauce Steamed White Rice</p>	<p>16</p> <p>Breaded Pork Cutlet Baked Sweet Potato Spinach Pineapple Chunks WW Dinner Roll</p> <p>1:15pm - Bingo</p>
<p>19</p> <p>CLOSED</p> 	<p>20</p> <p>Guinness Stew Boiled Red Potatoes Brussel Sprouts Fruit Cocktail WW Dinner Roll</p> <p>1:00pm - Pinochle</p>	<p>21</p> <p>Chicken Supreme Steamed Carrots Spinach Salad w/Mandarins Egg Noodles</p> <p>12:30pm - Singer/guitarist Dave Ayala combines songs and humor</p>	<p>22</p> <p>Cube Steak w/Mushroom Sauce California Veggies Roasted Red Potatoes Mixed Berries WW Dinner Roll</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>23</p> <p>Breaded Whitefish Spinach Salad w/Mandarins Parsley Red Potatoes Sliced Pears WW Dinner Roll</p> <p>1:15pm - Bingo</p>
<p>26</p> <p>Breaded Turkey Cutlet Smashed Red Potatoes w/Gravy Broccoli Cranberry Orange Relish WW Dinner Roll</p>	<p>27</p> <p>Fish & Chips Baked Potato Wedges Green Salad w/Mandarins WW Dinner Roll Butterscotch Pudding</p> <p>1:00pm - Pinochle</p>	<p>28</p> <p>Finger Lickin Chicken Smashed Red Potatoes w/Gravy California Veggies Strawberries & Bananas WW Dinner Roll</p> <p>12:30pm - Birthday Celebration with cake from Golden Empire Nursing & Rehab Center</p>	 <p>Like us on Facebook for more info on activities and classes!</p>	<div data-bbox="1279 1575 1529 1726" 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="1263 1747 1539 1852" style="border: 1px solid black; padding: 5px;"> <p>Lunch is served at 12:00 noon, Monday - Friday</p> </div>