

# March



## Gold Country Senior Cafe

A service of Gold Country Community Services, inc.

### Good Food & Great Company

841 Old Tunnel Road, Grass Valley, CA 95945



Like us on Facebook for more info on activities and classes!

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

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



			<p>Beef Soft Taco Chuck Wagon Corn Banana Pinto Beans</p>	<p>Chicken Parmesan French Cut Green Beans Green Salad Fruit Cocktail Garlic Bread</p> <p>1:15pm - Bingo</p>
<p>BBQ Chicken Sandwich Coleslaw Ranch Beans Strawberries &amp; Mandarins WW Dinner Roll</p>	<p>Beef Stroganoff Brussel Sprouts Green Salad WW Bowtie Pasta Apple Crisp</p> <p>1:00pm - Pinochle</p>	<p>Grilled Turkey &amp; Cheese Sandwich California Veggies Cranberry Orange Relish</p> <p>12:30pm - Magical guitar music by George Souza</p>	<p>Lemon Pepper Fish Spinach Asian Coleslaw Tropical Mango Salsa Brown Rice</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>Spaghetti &amp; Meat Sauce French Cut Green Beans Green Salad Apricot Halves Garlic Bread</p> <p>1:15pm - Bingo</p>
<p>Chicken Curry Peas &amp; Carrots Green Salad Lebanese Fruit Salad Asian Brown Rice</p>	<p>Spring Frittata O'Brien Potatoes Sliced Peaches Hawaiian Roll</p> <p>1:00pm - Pinochle</p>	<p>Beef Bourguignon Boiled Red Potatoes Green Salad w/Tomato Pineapple &amp; Grapes French Bread</p> <p>12:30pm - A bit of Irish music by Tad and Diane / Blood Pressure Check - 11:15am</p>	<p>Fiesta Chicken Fajita Veggies w/Carrots Sliced Pears Mexican Brown Rice</p>	<p>Corned Beef &amp; Cabbage Boiled Red Potatoes Sliced Peaches WW Dinner Roll Bread Pudding</p> <p>1:15pm - Bingo</p>
<p>Chicken Enchilada Zucchini Squash Lebanese Fruit Salad Mexican Brown Rice</p>	<p>Meat Loaf Broccoli Smashed Red Potatoes w/Gravy Peaches w/Yogurt WW Dinner Roll</p> <p>1:00pm - Pinochle</p>	<p>Spinach Lasagna Italian Green Beans Spinach Salad w/Mandarins Breadstick</p> <p>12:30pm - Tim Proffitt plays smooth jazz</p>	<p>California Pork Asparagus Green Salad Chef's Fruit Cup Barley Casserole</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>Breaded Pork Cutlet Baked Sweet Potato Spinach Citrus Cup Hawaiian Roll</p> <p>1:15pm - Bingo</p>
<p>Turkey Chili Spinach Green Salad w/Mandarins Cornbread Peach Crisp</p>	<p>Macaroni &amp; Cheese California Veggies Green Salad w/Tomato WW Dinner Roll Gelatin Fruit Cocktail</p> <p>1:00pm - Pinochle</p>	<p>Cheese Ravioli w/Meat Sauce Italian Veggies Green Salad w/Tomato Garlic Bread</p> <p>12:30pm - Birthday Celebration with a beautiful cake thanks to Golden Empire Nursing &amp; Rehab Center</p>	<p>Hot Roast Beef Sandwich Smashed Red Potatoes w/Gravy Asparagus Citrus Cup</p>	<p>Cube Steak w/Mushroom Sauce California Veggies Roasted Red Potatoes Mixed Berries WW Dinner Roll</p> <p>1:15pm - Bingo</p>

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

**OF NEVADA COUNTY**