

# April







## 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 Cheesy Krab Cakes Asparagus Tropical Mango Salsa Black Beans &amp; Rice</p>	<p>3 Beef Tamale Pie Chuckwagon Corn Mixed Berries</p> <p style="text-align: right;"></p> <p>1:00pm - Pinochle</p>	<p>4 Chicken Parmesan Italian Green Beans Green Salad Warm Cinnamon Applesauce WW Egg Noodles</p> <p>12:30pm - Singer/guitarist Kelly Fleming plays blues to The Beatles</p>	<p>5 Sweet &amp; Sour Pork Spinach Salad w/Mandarins Asian Brown Rice</p>	<p>6 Swedish Meatballs Scandinavian Veggies Green Salad Strawberries &amp; Bananas</p> <p>1:15pm - Bingo</p>
<p>9 Honey Lemon Chicken California Veggies Oven Roasted Red Potatoes Mixed Berries WW Dinner Roll</p> <p style="text-align: right;"></p>	<p>10 Turkey Tetrizzini Italian Green Beans Tropical Fruit Salad Garlic Bread</p> <p>1:00pm - Pinochle</p>	<p>11 Cube Steak w/Mushrooms Asparagus Green Salad Mandarins &amp; Strawberries Breadstick</p> <p>12:30pm - Yubaleles "rock" with ukuleles &amp; favorite songs / Blood Pressure Check - 11:15am</p>	<p>12 Chicken Cacciatori Glazed Carrots Green Salad Citrus Cup WW Dinner Roll</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>13 Spring Frittata O'Brien Potatoes Sliced Peaches WW Dinner Roll</p> <p>1:15pm - Bingo</p>
<p>16 Beef Bourguignon Boiled Red Potatoes Green Salad w/Tomato Pineapple &amp; Grapes WW Dinner Roll</p>	<p>17 Chicken Dijon Zucchini Squash Cranberry Orange Relish Brown Rice Pilaf Breadstick</p> <p>1:00pm - Pinochle</p>	<p>18 Asparagus Tuna Casserole Green Salad w/Tomato Tropical Mango Salsa</p> <p>12:30pm - BluRock plays vintage rock &amp; country</p>	<p>19 Beef Stroganoff Brussel Sprouts Green Salad w/Beets Apple Crisp</p>	<p>20 Chic Penne French Green Beans Fruit Cocktail Garlic Bread</p> <p>1:15pm - Bingo</p>
<p>23 Honey Beef &amp; Broccoli Apricot Halves Asian Brown Rice Fortune Cookie</p> <p style="text-align: right;"></p>	<p>24 Chicken in Wine Sauce Green Beans Green Salad w/Mandarins WW Bowtie Pasta</p> <p>1:00pm - Pinochle</p>	<p>25 Pulled Pork Sliders Sweet Tater Puffs Applesauce</p> <p style="text-align: right;"></p> <p>12:30pm - Happy April Birthdays - with cake from Golden Empire Nursing &amp; Rehab Center</p>	<p>26 Guinness Stew Boiled Red Potato Green Salad w/Tomato Applesauce Cake</p> <p>1:00pm - Medicare Counseling (by appt.)</p>	<p>27 Chicken Enchilada Zucchini Squash Lebanese Fruit Salad Mexican Brown Rice</p> <p>1:15pm - Bingo</p>

30  
Open Face Turkey Sandwich  
Smashed Red Potato w/Gravy  
Peas & Carrots  
Lebanese Fruit Salad



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


When you see this  
Happy Star it indicates  
a new menu!





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



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

