

# May



## Gold Country Senior Cafe

A service of Gold Country Community Services, inc.

**Good Food & Great Company**











**Lunch is served at 12:00 noon, Monday - Friday  
841 Old Tunnel Road, Grass Valley, CA 95945**



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

When you see this Happy Star it indicates a new menu item.



<p>1</p> <p>Sloppy Joe Sweet Tater Puffs Strawberries &amp; Bananas</p>   <p>1:00pm - Pinochle</p>	<p>2</p> <p>Stir Fry Chicken &amp; Veggies Green Salad Sliced Peaches Asian Brown Rice</p> <p>12:30pm - Smooth sophisticated songs from Heather MacAdam</p>	<p>3</p> <p>Macaroni &amp; Cheese California Veggies Green Salad Fruit Cocktail &amp; Jello Salad Breadstick</p> <p>1:00pm - CalFresh Applications (by appt.) 615-4541</p>	<p>4</p> <p>Fiesta Mexican Lasagna Green Salad Pears Pinto Beans</p>  <p>1:15pm - Bingo</p>	
<p>7</p> <p>Chicken Curry Peas &amp; Carrots Lebanese Fruit Salad Steamed White Rice</p>	<p>8</p> <p>Lemon Pepper Fish Spinach Asian Coleslaw Tropical Mango Salsa Barley Casserole</p> <p>1:00pm - Pinochle</p>	<p>9</p> <p>Broccoli Beef Green Salad Asian Brown Rice Peach Crisp</p> <p>12:30pm - Singer &amp; guitarist Dave Ayala plays memorable music / Blood Pressure Check - 11:15am</p>	<p>10</p> <p>Chicken Fajitas Pinto Beans Cantaloupe Tortilla</p>  <p>1:00pm - HICAP Insurance Counseling - Call Barbara at 258-6827 for an appointment</p>	<p>11</p> <p>Baked Ham Mashed Sweet Potatoes Green Salad Pineapple &amp; Grapes Hawaiian Roll</p>  <p>1:15pm - Bingo</p>
<p>14</p> <p>Beef Soft Taco Chuckwagon Corn Pinto Beans Banana</p>	<p>15</p> <p>Chicken Salad Sandwich Honeydew Refresher Pita Pocket</p> <p>1:00pm - Pinochle</p>	<p>16</p> <p>Roasted Turkey Brussel Sprouts Mashed Sweet Potatoes Cranberry Orange Relish WW Dinner Roll</p> <p>12:30pm - Tad Kitada plays sign-along favorites</p>	<p>17</p> <p>Meat Loaf &amp; Gravy Smashed Red Potatoes Broccoli Peaches w/Yogurt Banana Bread</p> <p>1:00pm - CalFresh Applications (by appt.) 615-4541</p>	<p>18</p> <p>Crunchy Hawaiian Chicken Wrap Carrot Raisin Salad Tropical Fruit Tortilla</p>  <p>1:15pm - Bingo</p>
<p>21</p> <p>Cheese Ravioli Italian Green Beans Green Salad w/Tomato Banana &amp; Jello Salad Garlic Breadstick</p>	<p>22</p> <p>Beef Shepherd's Pie Spinach Salad w/Mandarins WW Dinner Roll</p> <p>1:00pm - Pinochle</p>	<p>23</p> <p>Finger Lickin Chicken Smashed Red Potatoes w/Gravy Zucchini Squash Mandarins &amp; Strawberries Buttermilk Biscuit</p>  <p>12:30pm - Carol Meals turns music into sunshine</p>	<p>24</p> <p>Fish &amp; Chips Broccoli Slaw Sliced Peaches Banana Bread</p> <p>1:00pm - HICAP Insurance Counseling - Call Barbara at 258-6827 for an appointment</p>	<p>25</p> <p>Spaghetti w/Meat Sauce French Cut Green Beans Green Salad Apricot Halves Garlic Bread</p> <p>1:15pm - Bingo</p>
<p>28</p> <p><b>CLOSED MEMORIAL DAY</b></p> 	<p>29</p> <p>Breaded Pork Cutlet California Veggies Parsley Red Potatoes Ambrosia Salad WW Dinner Roll</p>	<p>30</p> <p>Tunisian Meatballs Capri Veggies Lebanese Fruit Salad Steamed White Rice</p> <p>12:30pm - Happy May Birthdays - with cake from Golden Empire Nursing &amp; Rehab Center</p>	<p>31</p> <p>Chef Salad Cantaloupe Breadstick Tapioca Pudding</p>	<p>When you see this salt shaker it indicates a meal higher in sodium.</p> 