



Congregate Lunch Café

June 2018

Lunch is served at 12:00 noon, Monday – Friday in the Nevada City Senior Apartments – 841 Old Tunnel Road

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>When you see this salt shaker, it indicates the meal is higher in sodium.</p> 		<p>When you see this Happy Star, it indicates a new menu item.</p> 						<p>1 Turkey Chili Kidney Beans Green Salad w/Tomato Cornbread Mixed Berries <i>1:15 Bingo</i></p>	
<p>4 Beef Stroganoff Brussel Sprouts Green Salad w/Beets Bowtie Pasta Apple Fruit Crisp</p>	<p>5 BBQ Chicken Baked Sweet Potato Ranch Beans Melon Wedges Hawaiian Roll <i>1:00 Pinochle</i></p> 	<p>6 Spinach Lasagna Italian Green Beans Spinach Salad w/Mandarins Garlic Bread <i>12:30 George Souza</i></p> 	<p>7 Roast Beef Sand. Carrot Raisin Salad Mixed Berries <i>1:00 CalFresh Enroll (appt)</i></p>	<p>8 Chicken Alfredo Asparagus Green Salad Citrus Cup Garlic Breadstick <i>1:15 Bingo</i></p> 					
<p>11 Tuna Salad in Pita Pocket Asian Cole Slaw Pita Pocket Pineapple & Grapes</p>	<p>12 Honey Beef & Broccoli Hot Cinnamon Applesauce Asian Brown Rice Butterscotch Pudding <i>1:00 Pinochle</i></p>	<p>13 Fiesta Chicken Fajita Veggies & Carrots Black Beans Corn Tortilla Pears <i>11:15 Blood Pressure Chk. 12:30 Tad Kitada Sings</i></p>	<p>14 California Pork w/Apricots Sauce Asparagus Green Salad w/Mandarins Brown Rice Pilaf <i>1:00 HICAP (by appt)</i></p>	<p>15 Beef Soft Taco Chuckwagon Corn Green Salad w/Tomato Pinto Beans Watermelon <i>1:15 Bingo</i></p>					
<p>18 Quiche O'Brien Potatoes Dinner Roll Peach Fruit Crisp </p>	<p>19 Turkey Sandwich Coleslaw Cranberry Orange Relish <i>1:00 Pinochle</i></p>	<p>20 Sloppy Joe California Veggies Fruit Cocktail <i>12:30 Magic-Peter Franchino</i></p>	<p>21 Chicken Salad Sandwich Three Bean Salad Mandarins Pita Pocket <i>1:00 CalFresh Enroll (appt)</i></p>	<p>22 Veggie Pizza Jello & Bananas </p> <p><i>1:15 Bingo</i></p>					
<p>25 Cheesy Krab Cakes Asparagus Tropical Mango Salsa Black Beans & Rice</p>	<p>26 Beef Tamale Pie Chuckwagon Corn Cornbread Mixed Berries <i>1:00 Pinochle</i></p>	<p>27 Chicken Parmesan Italian Green Beans Green Salad Hot Cinnamon Applesauce <i>12:30 Birthday Celebration</i></p>	<p>28 Sweet & Sour Pork Spinach Salad w/Mandarins Asian Brown Rice Lebanese Fruit Salad <i>1:00 HICAP (by appt)</i></p>	<p>29 Swedish Meatballs Scandinavian Veggies Green Salad Bowtie Pasta Strawberries & Bananas <i>1:15 Bingo</i></p>					

Suggested donation is \$3.00 for individuals 60 years of age and over. \$7.00 fee for guests 59 years of age or younger.
For more information or to make a reservation, please call 273-4961

This program is Supported by:



