



# Congregate Lunch Café

## July 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	
<b>2 Honey Lemon Chicken</b> California Veggies Roasted Red Potatoes Mixed Berries WW Dinner Roll	<b>3 Turkey Tetrizzini</b> Italian Green Beans Tropical Fruit Garlic Bread  <i>1:00 Pinochle</i>	<b>4 CLOSED</b>  		<b>5 Chicken Cacciatori</b> Glazed Carrots Green Salad Citrus Cup WW Dinner Roll  <i>1:00 CalFresh Enroll (appt)</i>	<b>6 Spring Frittata</b> O'Brien Potatoes Sliced Peaches WW Dinner Roll  <i>1:15 Bingo</i>				
<b>9 Beef Bourguinone</b> Boiled Red Potatoes Green Salad w/Tomato Pineapple & Grapes WW Dinner Roll	<b>10 Chicken Dijon</b> Peas & Carrots Brown Rice Pilaf Cranberry Orange Relish Breadstick  <i>1:00 Pinochle</i>	<b>11 Asparagus Tuna</b> Green Salad w/Tomato Tropical Mango Salsa  <i>11:15 Blood Pressure Chk 12:30 Yubaleles</i>	<b>12 Beef Stroganoff</b> Brussel Sprouts Green Salad w/Beets WW Bowtie Pasta Apple Crisp  <i>1:00 HICAP (by appt)</i>	<b>13 Chic Penne</b> French Cut Green Beans Fruit Cocktail Garlic Bread  <i>1:15 Bingo</i>					
<b>16 Tuna Salad in Pita Pocket</b> Asian Cole Slaw Pineapple & Grapes	<b>17 Chicken in Wine Sauce</b> Green Beans Green Salad & Mandarins  <i>1:00 Pinochle</i>	<b>18 Pulled Pork Sliders</b> Sweet Tater Puffs Ranch Beans Mixed Berries WW Hoagie Roll  <i>12:30 Gary Hinze</i>	<b>19 Guinness Stew</b> Boiled Red Potatoes Green Salad w/Tomato Applesauce Cake  <i>1:00 CalFresh Enroll (appt)</i>	<b>20 Chicken Enchilada</b> Sliced Zucchini Lebanese Fruit Salad Mexican Brown Rice  <i>1:15 Bingo</i>					
<b>23 Turkey Sandwich</b> Smashed Red Potatoes Peas & Carrots Lebanese Fruit Salad	<b>24 Sloppy Joe</b> Sweet Tater Puffs Carrot Raisin Salad Warm Apricot Halves  <i>1:00 Pinochle</i>	<b>25 Stir Fry Chicken</b> Stir Fry Veggies Green Salad Warm Peaches Asian Brown Rice  <i>12:30 Birthday Celebration</i>	<b>26 Macaroni &amp; Cheese</b> California Veggies Green Salad Jello & Fruit Salad Breadstick  <i>1:00 HICAP (by appt)</i>	<b>27 Turkey Chili</b> Green Salad w/Tomato Warm Mixed Berries Cornbread  <i>1:15 Bingo</i>					
<b>30 Chicken Curry</b> Peas & Carrots Lebanese Fruit Salad Steamed White Rice	<b>31 Lemon Pepper Fish</b> Spinach Asian Coleslaw Tropical Mango Salsa Barley Casserole  <i>1:00 Pinochle</i>	<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 menu item. </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:

