



Congregate Lunch Café



August 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 Broccoli Beef Green Salad Asian Brown Rice Peach Crisp <i>12:30 Dave Ayala</i></p>		<p>2 Chicken Fajitas  Fajita Veggies Pinto Beans Cantaloupe Flour Tortilla <i>1:00 CalFresh Enroll (appt)</i></p>		<p>3 Baked Ham  Mashed Sweet Potatoes Green Salad Pineapple & Grapes Hawaiian Roll <i>1:15 Bingo</i></p>	
<p>6 Beef Soft Taco Chuckwagon Corn Pinto Beans Banana Flour Tortilla</p>		<p>7 Chicken Salad Tomato Wedge Honeydew Refresher Pita Pocket <i>1:00 Pinochle</i></p>		<p>8 Roasted Turkey Brussel Sprouts Mashed Sweet Potato Cranberry Orange Relish WW Dinner Roll <i>11:15 Blood Pressure Chk 12:30 George Souza</i></p>		<p>9 Meat Loaf w/Gravy Smashed Red Potatoes Broccoli Peaches w/Yogurt WW Dinner Roll <i>1:00 HICAP (by appt)</i></p>		<p>10 Hawaiian Chicken Carrot Raisin Salad Tropical Fruit WW Tortilla <i>1:15 Bingo</i></p>	
<p>13 Cheese Ravioli w/Meat Sauce Italian Green Beans Green Salad w/Tomato Jello & Bananas Garlic Breadstick</p>		<p>14 Beef Shepherd's Pie Spinach Salad w/Mandarins WW Dinner Roll <i>1:00 Pinochle</i></p>		<p>15 Finger Lickin Chicken Smashed Red Potatoes Sliced Zucchini Mandarins & Strawberries WW Dinner Roll <i>12:30 Tad Kitada</i></p>		<p>16 Fish & Chips Potato Wedges Broccoli Slaw Sliced Peaches WW Dinner Roll <i>1:00 CalFresh Enroll (appt)</i></p>		<p>17 Spaghetti w/Meat Sauce French Cut Green Beans Green Salad Apricot Halves Garlic Bread <i>1:15 Bingo</i></p>	
<p>20 Chicken Supreme Peas & Carrots Spinach Salad w/Mandarins</p>		<p>21 Breaded Pork Cutlet Parsley Red Potatoes California Veggies WW Dinner Roll Ambrosia Fruit Salad <i>1:00 Pinochle</i></p>		<p>22 Tunisian Meatballs Capri Veggies Green Salad w/Tomato Lebanese Fruit Salad Brown Rice Pilaf <i>12:30 BluRoc</i></p>		<p>23 Chef Salad Diced Cantaloupe WW Dinner Roll <i>1:00 HICAP (by appt)</i></p>		<p>24 Turkey Chili Green Salad w/Tomato Warm Mixed Berries Cornbread <i>1:15 Bingo</i></p>	
<p>27 Beef Stroganoff Brussel Sprouts Green Salad w/Beets Breadstick Apple Crisp</p>		<p> 28 BBQ Chicken Baked Sweet Potato Green Salad w/Beets Diced Melons WW Dinner Roll <i>1:00 Pinochle</i></p>		<p>29 Spinach Lasagna Italian Green Beans Spinach Salad w/Mandarins Breadstick <i>12:30 Birthday Celebration</i></p>		<p>30 Roast Beef Sand. Carrot Raisin Salad Mixed Berries</p>		<p>31 Chicken Alfredo Asparagus Green Salad Citrus Cup Garlic Breadstick <i>1:15 Bingo</i></p>	

Suggested contribution 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:



