Congregate Lunch Café

August 2018

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

When you see this salt shaker, it indicates the meal is higher in sodium.

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

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

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:

AGENCY ON AGING AREA 4

Dignity Health. Sierra Nevada Memorial Hospital