







Congregate Lunch Café

September 2019

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	CLOSED Labor Day 	3	Tuna Salad Mandarins & Strawberries Pita Pocket <i>1:00 Pinochle</i>	4	Fiesta Chicken Fajita Veggies Green Salad Citrus Cup Black Beans <i>12:30 Heather MacAdam</i>	5	California Pork Asparagus Green Salad w/Mandarins Brown Rice Pilaf <i>1:00 HICAP (by appt)</i>	6	Beef Soft Taco Chuck Wagon Corn Diced Watermelon Pinto Beans <i>1:15 Bingo</i>
9	Quiche Capri Veggies Green Salad Sliced Peaches WW Dinner Roll	10	Cold Turkey Sandwich Coleslaw Cranberry Orange Relish <i>1:00 Pinochle</i>	11	Sloppy Joe California Veggies Green Salad Fruit Cocktail <i>11:15 Blood Pressure Chk 12:30 Tad Kitada</i>	12	Chicken Salad Sandwich Three Bean Salad Mandarins	13	Hawaiian Chicken Wrap Carrot Raisin Salad Tropical Fruit Salad <i>1:15 Bingo</i>
16	Cheesy Krab Cakes Asparagus Tropical Mango Salsa Black Beans & Brown Rice	17	Beef Tamale Pie Chuck Wagon Corn Green Salad Mixed Berries <i>1:00 Pinochle</i>	18	Chicken Parmesan Italian Green Beans Green Salad Cinnamon Applesauce <i>12:30 George Souza</i>	19	Swedish Meatballs Scandinavian Veggies Green Salad Strawberries & Bananas	20	Finger Lickin Chicken Sliced Zucchini Mashed Potatoes w/Gravy Mandarins & Strawberries WW Dinner Roll <i>1:15 Bingo</i>
23	Honey Lemon Chicken Capri Veggies Green Salad Mixed Berries Brown Rice Pilaf	24	Turkey Tetrazzini Italian Green Beans Green Salad Tropical Fruit Salad WW Garlic Breadstick <i>1:00 Pinochle</i>	25	Tunisian Meatballs Capri Veggies Green Salad Lebanese Fruit Salad Brown Rice <i>12:30 Birthday Celebration</i>	26	Chicken Fajitas Diced Cantaloupe Pinto Beans Flour Tortilla <i>1:00 HICAP (by appt)</i>	27	Summer Frittata O'Brien Potatoes Sliced Peaches WW Dinner Roll <i>1:15 Bingo</i>
30	Beef Bourguignon Boiled Red Potatoes French Cut Green Beans Green Salad Lebanese Fruit Salad WW Dinner Roll	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px; width: 30%;"> <p>When you see this salt shaker, it indicates the meal is higher in sodium.</p>  </div> <div style="text-align: center; width: 20%;">  </div> <div style="text-align: center; width: 20%;">  </div> <div style="border: 1px solid black; padding: 5px; width: 30%;"> <p>When you see this Happy Star, it indicates a new menu item.</p> </div> </div>							

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:

