



Congregate Lunch Café



October 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	
1	Beef Bourguignon Boiled Red Potatoes Green Salad Citrus Cup WW Dinner Roll	2	Chicken Dijon Sliced Zucchini Cranberry Orange Relish Brown Rice Pilaf WW Dinner Roll <i>1:00 Pinochle</i>	3	Asparagus Tuna Casserole Green Salad Tropical Mango Salsa <i>12:30 Heather MacAdam</i>	4	Veggie Pizza Green Beans Green Salad w/Beets Jell-O & Fruit Salad <i>1:00 CalFresh Enroll (appt)</i>	5	Chic Penne French Cut Green Beans Citrus Cup Garlic Bread <i>1:15 Bingo</i>
8	Honey Beef & Broccoli Apricot Halves Asian Brown Rice Fortune Cookie	9	Chicken in Wine Sauce Green Beans Green Salad w/ Mandarins <i>1:00 Pinochle</i>	10	Pulled Pork Sliders Asparagus Carrot Raisin Salad Lebanese Fruit Salad WW Hoagie Roll <i>11:15 Blood Pressure Chk 12:30 George Souza</i>	11	Guinness Stew Boiled Red Potatoes Green Salad w/Tomato Sliced Peaches WW Dinner Roll <i>1:00 HICAP (by appt)</i>	12	Grilled Cheese Sandwich California Veggies Green Salad Berry Crisp <i>1:15 Bingo</i>
15	Open Faced Turkey Sandwich Smashed Red Potatoes Peas & Carrots Lebanese Fruit Salad	16	Sloppy Joe on Roll Asparagus Green Salad Strawberries & Bananas <i>1:00 Pinochle</i>	17	Stir Fry Chicken & Veggies Green Salad Asian Brown Rice Peach Crisp <i>12:30 Nancy Cunningham</i>	18	Cheesy Krab Kakes Asparagus Tropical Mango Salsa Brown Rice-Black Beans <i>1:00 CalFresh Enroll (appt)</i>	19	 Fiesta Wrap California Veggies Green Salad Strawberries & Mangos <i>1:15 Bingo</i>
22	Chicken Curry Peas & Carrots Green Salad Lebanese Fruit Salad Asian Brown Rice	23	Lemon Pepper Fish Spinach Asian Coleslaw Tropical Mango Salsa Barley Casserole <i>1:00 Pinochle</i>	24	Broccoli Beef Green Salad Asian Brow Rice Peach Crisp <i>12:30 Tad Kitada</i>	25	Macaroni & Cheese California Veggies Green Salad Breadstick Jell-O & Fruit Salad <i>1:00 HICAP (by appt)</i>	26	Baked Ham Mashed Sweet Potatoes Green Salad  Pineapple & Grapes Hawaiian Roll <i>1:15 Bingo</i>
29	Beef Soft Taco Chuckwagon Corn Banana Pinto Beans	30	Spinach Lasagna Italian Green Beans Green Salad w/Mandarins Breadstick <i>1:00 Pinochle</i>	31	Spooky Meat Loaf Monster Mash Potatoes Beastly Broccoli Frightful Peaches Wicked Wicked Dinner Roll Sweet Punkin' Crunch <i>12:30 Halloween Party & Birthday Celebration</i>	 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.	

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:



