



Congregate Lunch Café

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

November 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 When you see this Happy Star, it indicates a new menu item.				 When you see this salt shaker, it indicates the meal is higher in sodium.		1 Honey Lemon Chicken California Veggies Roasted Red Potatoes WW Dinner Roll Ambrosia Fruit Salad <hr/> 1:00 CalFresh Enroll (appt)		2 Turkey Tetrazzini Italian Green Beans Green Salad Tropical Fruit Garlic Breadstick <hr/> 1:15 Bingo	
5 Beef Shepherd's Pie Green Salad Citrus Cup WW Dinner Roll		6 Meatless Cheese Ravioli Italian Green Beans Green Salad w/Mandarins Garlic Breadstick <hr/> 1:00 Pinochle		7 Finger Lickin' Chicken & Gravy  Sliced Zucchini Smashed Red Potatoes Mandarins & Strawberries WW Dinner Roll Butterscotch Pudding <hr/> 12:30 Dave Ayala		8 Fish & Chips Broccoli Slaw Potato Wedges Peas & Carrots Fruit & Jell-O Salad WW Dinner Roll <hr/> 1:00 HICAP (by appt)		9 Spaghetti w/Meat Sauce French Cut Green Beans Green Salad Apricot Halves Garlic Bread <hr/> 1:15 Bingo	
12 Autumn Frittata  O'Brien Potatoes Sliced Peaches WW Dinner Roll		13 Chicken Supreme Peas & Carrots Spinach Salad w/Mandarins <hr/> 1:00 Pinochle		14 Tunisian Meatballs Capri Veggies Spinach Salad w/Mandarins Lebanese Fruit Salad Brown Rice Pilaf <hr/> 12:30 BluRoc		15 Cube Steak w/Mushrooms California Veggies Roasted Red Potatoes Mixed Berries WW Dinner Roll Tapioca Pudding <hr/> 1:00 CalFresh Enroll (appt)		16 Turkey Chili Green Salad w/Tomato Warm Mixed Berries Cornbread <hr/> 1:15 Bingo	
19 Beef Stroganoff Brussel Sprouts Green Salad w/Beets WW Dinner Roll Apple Fruit Crisp		20 BBQ Chicken Sandwich Asparagus Carrot Raisin Salad Strawberries & Mango WW Dinner Roll <hr/> 1:00 Pinochle		21 Roast Turkey & Gravy Smashed Red Potatoes Asparagus Cranberry Orange Relish Stuffing / Butterscotch Pudding <hr/> 12:30 Yubaleles		22 CLOSED HAPPY THANKSGIVING		23 CLOSED 	
26 Breaded Whitefish Peas & Carrots / Coleslaw Cranberry Orange Relish Parsley Red Potatoes WW Dinner Roll		27 Honey Beef Broccoli Green Salad Warm Sliced Peaches Asian Brown Rice <hr/> 1:00 Pinochle		28 Fiesta Chicken Fajita Veggies Pears Black Beans <hr/> 12:30 Birthday Celebration		29 California Pork Asparagus Green Salad w/Mandarins Brown Rice Pilaf		30 Grilled Cheese Sandwich California Veggies Green Salad Apple Crisp <hr/> 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:

