



Congregate Lunch Café

January 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 When you see this salt shaker, it indicates the meal is higher in sodium.	1 CLOSED	2 Pulled Pork Sliders  Asparagus Carrot Raisin Salad Lebanese Fruit Salad WW Hoagie Roll <i>12:30 Kelly Fleming</i>	3 Grilled Cheese Sandwich California Veggies Sliced Peaches Green Salad	4 Chicken Enchilada Sliced Zucchini Citrus Cup Mexican Brown Rice <i>1:15 Bingo</i>
		7 Open Faced Turkey Sandwich  Smashed Red Potatoes Asparagus Lebanese Fruit Salad <i>11:45 Falls Prevention</i>	8 Macaroni & Cheese California Veggies Jell-O & Fruit Salad Green Salad <i>1:00 Pinochle</i>	9 Stir Fry Chicken Stir Fry Veggies Sliced Peaches Asian Brown Rice Green Salad <i>12:30 Tad Kitada</i>
14 Chicken Curry Peas & Carrots Lebanese Fruit Salad Asian Brown Rice Green Salad Chocolate Pudding	15 Lemon Pepper Fish Spinach Asian Coleslaw Tropical Mango Salsa Barley Casserole <i>1:00 Pinochle</i>	16 Broccoli Beef Sliced Peaches Asian Brown Rice Green Salad <i>12:30 George Souza</i>	17 Quiche O'Brien Potatoes Sliced Peaches Green Salad WW Dinner Roll 	18 Baked Ham Mashed Sweet Potatoes Lebanese Fruit Salad Green Salad Hawaiian Roll <i>1:15 Bingo</i>
21 Meat Loaf Broccoli Smashed Red Potatoes Peaches WW Dinner Roll	22 Chicken Dijon California Veggies Lebanese Fruit Salad Brown Rice Pilaf Green Salad w/Beets WW Dinner Roll <i>1:00 Pinochle</i>	23 Roast Turkey Peas & Carrots Cranberry Orange Relish Mashed Sweet Potatoes Green Salad WW Dinner Roll <i>12:30 Nancy Cunningham</i>	24 Winter Frittata O'Brien Potatoes Jell-O & Fruit Salad WW Dinner Roll <i>1:00 HICAP (by appt)</i>	25 Honey Lemon Chicken Brussel Sprouts Roasted Red Potatoes Mixed Berries Green Salad Hawaiian Roll <i>1:15 Bingo</i>
28 Finger Lickin Chicken Sliced Zucchini Mashed Red Potatoes w/Gravy Mandarins & Strawberries WW Dinner Roll	29 Beef Shepherd's Pie Green Salad w/Mandarins WW Dinner Roll <i>1:00 Pinochle</i>	30 Meatless Cheese Ravioli Italian Green Beans Green Salad w/Mandarins Garlic Breadstick <i>12:30 Birthday Celebration</i>	31 Fish & Chips Peas & Carrots Broccoli Slaw Sliced Peaches Potato Wedge Butterscotch Pudding <i>1:00 HICAP (by appt)</i>	 When you see this Happy Star, it indicates a new menu item.

Suggested voluntary 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 530-273-4961

This program is Supported by:

