



# Congregate Lunch Café

February 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.		 When you see this Happy Star, it indicates a new menu item.		<b>1 Spaghetti w/Meat Sauce</b> French Cut Green Beans Apricot Halves Green Salad Garlic Bread <hr/> <b>1:15 Bingo</b>
<b>4 Fiesta Wrap</b> California Veggies Sliced Peaches Green Salad	<b>5 Chicken Supreme</b> Peas & Carrots Green Salad w/Mandarins WW Dinner Roll <hr/> <b>1:00 Pinochle</b>	<b>6 Tunisian Meatballs</b> Capri Veggies Lebanese Fruit Salad Brown Rice Pilaf Tapioca Pudding <hr/> <b>12:30 Carol Meals</b>	<b>7 Cube Steak w/Mushrooms</b> Asparagus Mandarins & Strawberries Green Salad WW Dinner Roll <hr/> <b>1:00 HICAP (by appt)</b>	<b>8 Turkey Chili</b> Mixed Berries Green Salad w/Beets Cornbread <hr/> <b>1:15 Bingo</b>
<b>11 Beef Stroganoff</b> Brussel Sprouts Green Salad WW Dinner Roll Apple Crisp	<b>12 Chicken Parmesan</b> Italian Green Beans Sliced Peaches Green Salad w/Beets WW Egg Noodles <hr/> <b>1:00 Pinochle</b>	<b>13 Spinach Lasagna</b> Italian Green Beans Citrus Cup Breadstick <hr/> <b>11:15am Blood Pressure Chk. 12:30 Yubaleles</b>	 <b>14 Honey Beef &amp; Broccoli</b> Pears Green Salad w/Mandarins Asian Brown Rice Strawberry Shortcake <hr/> <b>Valentine's Day Celebration</b>	<b>15 Chicken Alfredo</b> Asparagus Citrus Cup Green Salad Garlic Breadstick <hr/> <b>1:15 Bingo</b>
<b>18 CLOSED</b> 	<b>19 Roast Beef Sandwich</b> Carrot Raisin Salad Mixed Berries Tapioca Pudding <hr/> <b>1:00 Pinochle</b>	<b>20 Fiesta Chicken</b> Fajita Veggies Pears Black Beans <hr/> <b>12:30 Dave Ayala</b>	<b>21 Veggie Pizza</b> Jell-O & Fruit Salad Green Salad w/Tomato Butterscotch Pudding	<b>22 Stir-Fry Chicken</b> Stir-Fry Veggies Sliced Peaches Green Salad Asian Brown Rice <hr/> <b>1:15 Bingo</b>
<b>25 Beef Tamale Pie</b> Chuck Wagon Corn Mixed Berries Green Salad	 <b>26 Open Face Turkey Sandwich</b> Peas & Carrots Smashed Red Potatoes Lebanese Fruit Salad <hr/> <b>1:00 Pinochle</b>	<b>27 Sloppy Joe</b> California Veggies Fruit Salad WW Hamburger Bun <hr/> <b>12:30 Birthday Celebration</b>	<b>28 Chicken in Wine Sauce</b> Green Beans Green Salad w/Mandarins Tapioca Pudding <hr/> <b>1:00 HICAP (by appt)</b>	

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:



