



Congregate Lunch Café

March 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.		1 Macaroni & Cheese California Veggies Fruit Cocktail & Jell-O Green Salad <i>1:15 Bingo</i>
4 Cheesy Krab Cakes Asparagus Tropical Mango Salsa Black Beans Brown Rice	5 Quiche O'Brien Potatoes Pears Green Salad WW Dinner Roll <i>1:00 Pinochle</i>	6 BBQ Chicken Green Beans Baked Sweet Potato Citrus Cup WW Dinner Roll <i>12:30 Kelly Fleming</i>	7 Sweet & Sour Pork Lebanese Fruit Salad Green Salad Asian Brown Rice Tapioca Pudding <i>1:00 HICAP (by appt)</i>	8 Swedish Meatballs Scandinavian Veggies Strawberries & Bananas Green Salad WW Bowtie Pasta <i>1:15 Bingo</i>
11 Honey Lemon Chicken California Veggies Roasted Red Potatoes Mixed Berries Green Salad WW Dinner Roll	12 Turkey Tetrazzini Italian Green Beans Tropical Fruit Green Salad Barley Casserole <i>1:00 Pinochle</i>	13 Finger Lickin' Chicken Sliced Zucchini Smashed Red Potatoes w/Gravy Mandarins & Strawberries WW Dinner Roll <i>11:15am Blood Pressure Chk. 12:30 Tad Kitada</i>	14 Grilled Cheese Sandwich California Veggies Sliced Peaches Green Salad	 15 Corned Beef & Cabbage Glazed Carrots Boiled Red Potatoes Pears WW Dinner Roll Bread Pudding <i>St. Patrick's Celebration 1:15 Bingo</i>
18 Beef Bourguignon Boiled Red Potatoes Pineapple & Grapes Green Salad WW Dinner Roll	19 Chicken Dijon Peas & Carrots Cranberry Orange Relish Green Salad w/Tomato Brown Rice Pilaf Chocolate Pudding <i>1:00 Pinochle</i>	 20 Asparagus Tuna Casserole Mixed Berries Breadstick <i>12:30 Heather MacAdam</i>	21 Meatless Cheese Ravioli Italian Green Beans Green Salad w/Mandarins Garlic Breadstick	22 Chic Penne French Cut Green Beans Green Salad Fruit Cocktail & Jell-O <i>1:15 Bingo</i>
25 Fiesta Wrap California Veggies Sliced Peaches Green Salad	26 Chicken in Wine Sauce Green Beans Green Salad w/Mandarins <i>1:00 Pinochle</i>	 27 Pulled Pork Sliders Sliced Zucchini Sweet Tater Puffs Asian Cole Slaw Lebanese Fruit Salad <i>12:30 Birthday Celebration</i>	28 Guinness Stew Brussel Sprouts Boiled Red Potatoes WW Dinner Roll Apple Crisp <i>1:00 HICAP (by appt)</i>	29 Chicken Curry Peas & Carrots Green Salad Lebanese Fruit Salad Asian Brown Rice Garlic Bread <i>1:15 Bingo</i>

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:

