







# Congregate Lunch Café

April 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	
<b>1</b>	<b>Cheesy Krab Cakes</b> Asparagus Tropical Mango Salsa Black Beans Brown Rice  <i>11:45 Fall Safety Tips</i>	<b>2</b>	<b>Spinach Lasagna</b> Italian Green Beans Green Salad w/Mandarins Breadstick  <i>1:00 Pinochle</i>	<b>3</b>	<b>Chicken Parmesan</b> California Veggies Citrus Cup Green Salad w/Tomato  <i>12:30 Nancy Cunningham</i>	<b>4</b>	<b>Sweet &amp; Sour Pork</b> Fruit Cocktail Asian Brown Rice Butterscotch Pudding  <i>1:00 HICAP (by appt)</i>	<b>5</b>	<b>Swedish Meatballs</b> Scandinavian Veggies Strawberries & Bananas Green Salad w/Tomato WW Bowtie Pasta  <i>1:15 Bingo</i>
<b>8</b>	<b>Honey Lemon chicken</b> California Veggies Roasted Red Potatoes Mixed Berries WW Dinner Roll  <i>1:00 Pinochle</i>	<b>9</b>	<b>Turkey Tetrazzini</b> Italian Green Beans Tropical Fruit Green Salad Garlic Bread  <i>1:00 Pinochle</i>	<b>10</b>	<b>Cube Steak w/Mushroom Sauce</b> Asparagus Mandarins & Strawberries Green Salad Garlic Breadstick  <i>11:15 Blood Pressure Chk. 12:30 George Souza</i>	<b>11</b>	<b>Chicken Cacciatore</b> Glazed Carrots Citrus Cup Green Salad WW Dinner Roll  <i>1:15 Bingo</i>	<b>12</b>	<b>Spring Frittata</b> O'Brien Potatoes Sliced Peaches WW Dinner Roll  <i>1:15 Bingo</i>
<b>15</b>	<b>Beef Bourguignon</b> Boiled Red Potatoes Pineapple & Grapes Green Salad WW Dinner Roll  <i>1:00 Pinochle</i>	<b>16</b>	<b>Chicken Dijon</b> Sliced Zucchini Cranberry Orange Relish Brown Rice Pilaf Butterscotch Pudding  <i>1:00 Pinochle</i>	<b>17</b>	<b>Tunisian Meatballs</b> Capri Veggies Lebanese Fruit Salad Green Salad w/Tomato Brown Rice Pilaf  <i>12:30 Dave Ayala</i>	<b>18</b>	<b>Quiche</b> O'Brien Potatoes Apricot Halves Green Salad WW Dinner Roll  <i>1:15 Bingo</i>	<b>19</b>	<b>Chic Penne</b> French Cut Green Beans Citrus Cup Garlic Breadstick  <i>1:15 Bingo</i>
<b>22</b>	<b>Veggie Pizza</b> Jell-O & Fruit Cocktail Green Salad w/Tomato  <i>1:00 Pinochle</i>	<b>23</b>	<b>Chicken in Wine Sauce</b> Green Beans Green Salad w/Mandarins  <i>1:00 Pinochle</i>	<b>24</b>	<b>Pulled Pork Sliders</b> Asparagus Carrot Raisin Salad Strawberries & Bananas  <i>12:30 Birthday Celebration</i>	<b>25</b>	<b>Spaghetti w/Meat Sauce</b> French Cut Green Beans Apricot Halves Green Salad Garlic Bread  <i>1:00 HICAP (by appt)</i>	<b>26</b>	<b>Chicken Enchilada</b> Sliced Zucchini Lebanese Fruit Salad Mexican Brown Rice  <i>1:15 Bingo</i>
<b>29</b>	<b>Open Face Turkey Sandwich</b> Smashed Red Potatoes Sliced Zucchini Lebanese Fruit Salad 	<b>30</b>	<b>Sloppy Joe</b> French Cut Green Beans Fruit Cocktail Green Salad  <i>1:00 Pinochle</i>			 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.	

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:



