


Dining Room is closed until further notice due to COVID-19 pandemic!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>	<b>Chicken Curry</b> Peas & Carrots Lebanese Fruit Salad Asian Brown Rice	<b>4</b>	<b>Chicken Fajitas</b> Mandarins & Strawberries Pinto Beans	<b>5</b>	<b>Broccoli Beef</b> Asian Brown Rice Peach Crisp	<b>6</b>	<b>Lemon Pepper Fish</b> Spinach Tropical Mango Salsa Barley Casserole	<b>7</b>	<b>Fiesta Wrap</b> California Veggies Peaches
<b>10</b>	<b>Beef Soft Taco</b> Chuck Wagon Corn Citrus Cup Pinto Beans	<b>11</b>	<b>Chicken Pot Pie</b> Cranberry Orange Relish	<b>12</b>	<b>Meat Loaf &amp; Gravy</b> Broccoli Mashed Red Potatoes Pears WW Dinner Roll	<b>13</b>	<b>California Pork w/Apricot Sauce</b> Asparagus Mandarins Brown Rice Pilaf	<b>14</b>	<b>Chicken Dijon</b> California Veggies Lebanese Fruit Salad Brown Rice Pilaf
<b>17</b>	<b>Cheese Ravioli w/Meat Sauce</b> Italian Green Beans Sliced Peaches Garlic Breadstick	<b>18</b>	<b>Beef Shepherd's Pie</b> Citrus Cup WW Dinner Roll	<b>19</b>	<b>Finger Lickin Chicken</b> Mashed Potatoes w/Gravy Garden Veggie Blend Mandarins & Strawberries WW Dinner Roll	<b>20</b>	<b>Fish &amp; Chips</b> Broccoli Potato Wedges Pears WW Dinner Roll	<b>21</b>	<b>Swedish Meatballs</b> 5-Way Veggie Blend Citrus Cup Garlic Bread
<b>24</b>	<b>Chicken Supreme</b> Peas & Carrots Citrus Cup WW Dinner Roll	<b>25</b>	<b>Breaded Pork Cutlet</b> Parsley Red Potatoes California Veggies Fruit Cocktail WW Dinner Roll	<b>26</b>	<b>Veggie Pizza</b> Mixed Berries 	<b>27</b>	<b>Chicken a la King</b> Peas & Carrots Buttermilk Biscuit Peach Crisp	<b>28</b>	<b>Turkey Chili</b> California Veggies Mixed Berries Cornbread
<b>31</b>	<b>Beef Stroganoff</b> Brussel Sprouts WW Bowtie Pasta Peach Crisp			 When you see this Happy Star, it means a new menu item.		When you see a salt shaker, it indicates the meal is higher in sodium.			

**Individuals 60 years of age or older - Suggested Contribution \$3.00 per day**  
Please Make Checks Payable to Gold Country Senior Services

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### How to heat a frozen meal:

In Microwave: 1) peel back or slit lid, 2) heat on high 4 minutes & 30 seconds or until heated thru, 3) CHECK AFTER 3 minutes.

In Oven: 1) preheat oven to 350°, 2) peel back or slit lid, 3) put meal on cookie sheet, 4) heat 25 minutes or until heated thru, 5) CHECK every 10 min.

In Toaster Oven: 1) peel back or slit lid, 2) place in toaster oven at 375°, 3) heat 35-40 minutes or until heated thru, 4) CHECK AFTER 30 minutes.