

Following state & local laws, the dining room is closed until further notice per COVID-19 public health guidelines. OUR PHONE NUMBER IS: 530-273-4961

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BBQ Chicken Garden Veggie Blend Baked Sweet Potato Sliced Pears WW Dinner Roll	2 Spinach Lasagna Italian Green Beans Mandarins Breadstick	3 Open Face Roast Beef Sandwich Glazed Carrots Mashed Red Potatoes Mixed Berries	4 Chicken Alfredo Asparagus Citrus Cup WW Dinner Roll
	7 CLOSED for LABOR DAY 	8 Honey Beef & Broccoli Apricot Halves Brown Rice	9 Stir Fry Chicken & Veggies Sliced Peaches Asian Brown Rice	10 Chicken Curry Peas & Carrots Lebanese Fruit Salad Asian Brown Rice
14 Cheesy Crab Cakes Asparagus Tropical Mango Salsa Black Beans Brown Rice	15 Beef Tamale Pie Chuck Wagon Corn Mixed Berries	16 Chicken Parmesan Italian Green Beans Cinnamon Applesauce WW Egg Noodles	17 Swedish Meatballs 5-Way Mixed Veggies Tropical Mango Salsa WW Bowtie Pasta	18 Finger Lickin Chicken & Gravy Mashed Potatoes Zucchini Mandarins & Oranges WW Dinner Roll
21 Honey Lemon Chicken Capri Veggies Mixed Berries Brown Rice Pilaf	 22 Turkey Tetrazzini Italian Green Beans Tropical Fruit Garlic Breadstick	23 Tunisian Meatballs Garden Veggie Blend Lebanese Fruit Salad Brown Rice	24 Chicken Fajitas Fajita Veggies Citrus Cup Pinto Beans	25 Summer Frittata O'Brien Potatoes Sliced Peaches WW Dinner Roll
28 Beef Bourguignon French Cut Green Beans Boiled Red Potatoes Lebanese Fruit Salad WW Dinner Roll	29 Chicken Dijon Zucchini Strawberries & Bananas Brown Rice Pilaf	30 Chicken Pot Pie Cranberry Orange Relish Butterscotch Pudding		<div style="border: 1px solid black; padding: 5px;"> When you see a salt shaker, it indicates the meal is higher in sodium. </div>

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

This program is Supported by:



Donations

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.

Following state & local laws, the dining room is closed until further notice per COVID-19 public health guidelines. OUR PHONE NUMBER IS: 530-273-4961

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 2 Hardboiled Eggs String Cheese Half Avocado WW Bread/Toast Blueberry Breakfast Bar	2 Whole Grain Oatmeal Blueberry Greek Yogurt V-8 Juice Banana WW Bread/Toast	3 Rice Chex Vanilla Greek Yogurt Tomato Juice Banana Apple Cinnamon Breakfast Bar	4 Mini Waffles Vanilla Greek Yogurt V-8 Juice Mandarin Orange
	7 CLOSED FOR LABOR DAY 	8 Peanut Butter & Jelly Sandwich V-8 Fruit & Veggie Juice Banana	9 Shredded Wheat Blueberry Greek Yogurt V-8 Juice Mixed Fruit Cup	10 Cheese Omelet Half Avocado Orange Juice WW Bread/Toast
14 Sausage Patties Greek Yogurt V-8 Juice Mixed Fruit Cup Blueberry Breakfast Bar	15 Summer Berry Oatmeal Greek Yogurt Tomato Juice Apple Cinnamon on Breakfast Bar	16 2 Hardboiled Eggs Cherry Tomatoes WW Bread/Toast Mixed Fruit Cup Apple Cinnamon Breakfast Bar	17 Whole Grain Oatmeal Blueberry Greek Yogurt V-8 Sweet Greens Blend Mandarin Orange Blueberry Breakfast Bar	18 Peanut Butter & Jelly Sandwich V-8 Fruit & Veggie Juice Banana Trail Mix Granola Bar
21 Cheese Omelet Half Avocado WW Bread/Toast Orange Juice	22 Peanut Butter & Jelly Sandwich V-8 Fruit & Veggie Juice Banana Trail Mix Granola Bar	23 Blueberry Muffin Greek Yogurt V-8 Juice Banana	24 2 Hardboiled Eggs Sausage Patties Cherry Tomatoes Orange Juice Apple Breakfast Bar	25 Honey Nut Cheerios Vanilla Greek Yogurt Tomato Juice Mixed Fruit Cup
28 Blueberry Muffin Greek Yogurt V-8 Juice Banana	29 Rice Chex Vanilla Greek Yogurt Tomato Juice Banana Apple Cinnamon Breakfast Bar	30 Mini Waffles Vanilla Greek Yogurt V-8 Juice Mandarin Orange		<div style="border: 1px solid black; padding: 5px;"> When you see a salt shaker, it indicates the meal is higher in sodium. </div>

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

This program is Supported by:



Donations

How to heat a frozen items in microwave:

A) Mini Waffles & Pancakes: 1) place frozen on microwavable dish, 2) microwave 30-40 seconds

B) Omelet: 1) place on microwavable dish, 2) cover w/plastic wrap-vented, 2) heat at full power 80 – 90 seconds,

C) Sausage: 1) place 2 sheets of paper towels on microwavable dish, 2) cover w/plastic wrap-vented, 3) heat 50-90 seconds until warmed throughout