



Gold Country

SENIOR SERVICES

December 2022



Meal Pick-Up Every Tuesday & Thursday

Pick-Up Times are from 12:00 P.M. (Noon) to 12:30 P.M. at 841 Old Tunnel Road, Grass Valley, CA 95945



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When you see this salt shaker it indicates a meal that is higher in sodium.



Tuesday			Wednesday	Thursday	
				1	
				Coq au Vin Green Beans Salad w/ Mandarins WW Bowtie Pasta, Milk	Trio Frozen Meal Milk
6			7	8	
Chicken Cacciatore Green Beans Sliced Pears Brown Rice Pilaf, Milk	Baked Ham Baked Sweet Potato Spinach, Roll Pineapple, Milk	Trio Frozen Meal Milk		Winter Frittata WW Dinner Roll Potatoes Lebanese Fruit Salad Milk	Beef Soft Taco Corn, Pinto Beans Salad w/ Tomato Banana, WW Roll Milk
13			14	15	
Turkey Chili Broccoli Peaches Milk	Tamales and Fajita Veggies Peppers & Onions Fruit Salad Refried Beans, Milk	Trio Frozen Meal Milk	Senior Grocery Bag Distribution Interfaith Food Ministry	Finger Lickin Chicken Zucchini Squash, Milk Smashed Red Potatoes Mixed Berries, WW Roll Milk	Sloppy Joes California Veggies Fruit Cocktail Milk
20			21	22	
Cheese Ravioli W/ Meat Sauce Italian Vegetables Citrus Cup WW Breadstick Tapioca Pudding, Milk	Fiesta Wrap California Veggies Sliced Peaches WW Tortilla Milk	Trio Frozen Meal Milk		Meatloaf Broccoli Applesauce WW Dinner Roll, Milk Smashed Red Potatoes Milk	Roasted Turkey Brussel Sprouts Mashed Sweet Potato Cranberry Orange Relish WW Dinner Roll, Milk Milk
27			28	29	
Trio Frozen Meal Milk	Trio Frozen Meal Milk	Trio Frozen Meal Milk		Teriyaki Meatballs and Broccoli Broccoli Mandarin Brown Rice Pilaf, Milk	Trio Frozen Meal Milk

Reheating Instructions
 If meal isn't eaten upon delivery, refrigerate immediately. To reheat in microwave: 1) peel back or slit lid, 2) heat on high 2-3 minutes or until heated thru. To reheat in oven: 1) heat oven to 350°, 2) peel back or slit lid, 3) put meal on cookie sheet, 4) heat 10 minutes or until heated thru.

AGENCY ON AGING AREA 4

Dignity Health.
Sierra Nevada Memorial Hospital

CDBG

U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

INTERFAITH FOOD MINISTRY
Feeding families, Fueling Hope for 38 Years

NJ

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