













Gold Country

SENIOR SERVICES

January 2023



Monday	Tuesday	Wednesday	Thursday	Friday
 Like us on Facebook	Pick-up times for meals is every Tuesday and Thursday from 12:00pm (Noon) to 12:30pm. Pick-up time for Grocery Bags is every 2nd Wed. of the month from 12:00pm (Noon) to 12:30pm. Location: Nevada City Senior Apartments 841 Old Tunnel Road, Grass Valley, CA 95945			<i>When you see this salt shaker it indicates a meal that is higher in sodium.</i> 
2	Pick-Up Day 3	4	Pick-Up Day 5	6
Trio Frozen Meal Milk  (Office Closed)	Trio Frozen Meal Milk	Trio Frozen Meal Milk	Fiesta Chicken Black Beans Corn Tortilla Citrus Cup Milk	Penne w/ Meatballs and Sauce Green Beans Mixed Berries Milk
9	Pick-Up Day 10	Pick-Up Day 11	Pick-Up Day 12	13
Trio Frozen Meal Milk	Pulled Pork Slider Capri Veggies Lebanese Fruit Salad Milk	Mac and Cheese Broccoli Red Cabbage Salad Blueberries Milk Senior Grocery Bag	Corned Beef w/ Local Veggies  Glazed Carrots Red Potatoes Pears WW Dinner Roll Milk	White Fish w/ Barley Casserole Steamed Spinach Apricots Milk
Reheating Instructions If meal isn't eaten upon delivery, refrigerate immediately. <u>To reheat in microwave:</u> 1) peel back or slit lid, 2) heat on high 2-3 minutes or until heated thru. <u>To reheat in oven:</u> 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.		     		
Individuals 60 years of age or older - Suggested Voluntary Contribution \$3.00 per day <i>Please Make Checks Payable to Gold Country Senior Services</i>				




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16	Pick-Up Day 17	18	Pick-Up Day 19	20
Trio Frozen Meal Milk  MARTIN LUTHER KING DAY (Office Closed)	Trio Frozen Meal Milk	Trio Frozen Meal Milk	California Pork w/ Apricot Sauce Garden Veggies Brown Rice Pilaf Mandarins Milk	Garlic Herb Turkey w/Quinoa French Cut Green Beans Cranberry Orange Relish Milk
23	Pick-Up Day 24	25	Pick-Up Day 26	27
Trio Frozen Meal Milk	Roasted Italian Sausage w/ Veggies Brown Rice Pilaf Apricot Halves Milk	Chicken Alfredo w/ a Twist Asparagus WW Dinner Roll Citrus Cup Milk	Guinness Stew Brussel Spouts Red Potatoes WW Dinner Roll Apple Dessert Milk	Black Eyed Peas w/ Ham Steamed Spinach Corn Bread Fresh Mandarins Milk
30	Pick-Up Day 31			
Trio Frozen Meal Milk	Honey Beef and Broccoli Asian Brown Rice Apricot Halves Milk			

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Feeding Families, Fueling Hope for 30 Years



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