












**Gold Country**

SENIOR SERVICES



# March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
 Like us on Facebook	Meal deliveries occur every Tuesday and Thursday of the month. Grocery Bags are delivered the 2nd Wednesday of every month.			<i>When you see this salt shaker it indicates a meal that is higher in sodium.</i> 
		1	Delivery Day 2	3
		<b>Turkey Chili</b> Chuck Wagon Corn Salad Peaches Corn Bread Milk	<b>White Fish with Barley Casserole</b> Asparagus Apricots Milk	<b>Beef Stroganoff</b> Brussel Sprouts Salad Peaches Milk
6	Delivery Day 7	Delivery Day 8	Delivery Day 9	10
<b>Trio Frozen Meal</b> Milk	<b>Broccoli Beef</b> Salad Pears Brown Rice Milk	<b>Chicken Pot Pie</b> Vegetable Blend Cranberry Orange Relish Milk Senior Grocery Bag	<b>Baked Ham</b>  Peas & Carrots Sweet Potato Mixed Berries Barley Casserole Milk	<b>Mac and Cheese</b> Broccoli Red Cabbage Salad Blueberries Milk
<b>Reheating Instructions</b> 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.		     		
<b>Individuals 60 years of age or older - Suggested Voluntary Contribution \$3.00 per day</b> <i>Please Make Checks Payable to Gold Country Senior Services</i>				

Please contact us at 530-273-4961 to let us know when you won't be home to receive a meal.





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13	Delivery Day 14	15	Delivery Day 16	17
<b>Trio Frozen Meal</b>  Milk	<b>Asparagus Tuna Casserole</b> Salad Mandarins  Milk	<b>Chicken Curry</b> Steamed Spinach Lebanese Fruit Salad Barley Casserole  Milk	<b>Penne w/ Meatballs and Sauce</b> Green Beans Mixed Berries  Milk	<b>Stir Fry Chicken &amp; Veggies</b> Tropical Mango Salsa Brown Rice  Milk 
20	Delivery Day 21	22	Delivery Day 23	24
<b>Trio Frozen Meal</b>  Milk	<b>Roasted Italian Sausage w/ Veggies</b> Apricot Halves Brown Rice Pilaf  Milk	<b>Meat Loaf</b> Broccoli Pears Smashed Red Potatoes WW Dinner Roll Milk	<b>Turkey Tetrazzini</b>  Steamed Spinach Mandarins WW Breadstick  Milk	<b>Coq au Vin</b> Green Beans Mandarins & Strawberries  Milk
27	Delivery Day 28	29	Delivery Day 30	31
<b>Trio Frozen Meal</b>  Milk	<b>Lemon Pepper Fish</b> Spinach Tropical Mango Salsa Barley Casserole  Milk	<b>Sweet &amp; Sour Pork</b> Pears Brown Rice  Milk	<b>Chicken Parmesan</b> Green Beans Cinnamon Applesauce  Milk	<b>Spring Frittata</b> Potatoes Peaches  Milk

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