



Gold Country

SENIOR SERVICES

April 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>
3	Delivery Day 4	5	Delivery Day 6	7
	Mac and Cheese Steamed Broccoli Blueberries Milk	Spinach Lasagna Garden Veggies Lebanese Fruit Salad WW Breadstick Milk	Spring Frittata Potatoes Sliced Peaches WW Dinner Roll Milk	Easter Ham and Veggies Sweet Potato Mixed Berries WW Dinner Roll Milk
10	Delivery Day 11	Delivery Day 12	Delivery Day 13	14
Trio Frozen Meal Milk	Southwest Bowl <i>NEW!</i> Corn Spinach Tropical Mango Salsa Brown Rice Milk	White Fish w/ Barley Casserole Steamed Spinach Apricots Milk Senior Grocery Bag	Chicken Stir Fry w/ Veggies Mandarins Asian Brown Rice Milk	Turkey Chili Chuck Wagon Corn Salad Peaches Corn Bread 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.



Feeding Families, Fueling Hope for 30 Years

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

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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17	Delivery Day 18	19	Delivery Day 20	21
Trio Frozen Meal Milk	California Bowl Sweet Potato, Quinoa Arugula Salad, Mixed Berries   Milk	Asparagus and Tuna Casserole Salad Sliced Peaches Milk	California Pork w/ Apricot Sauce Garden Veggie Blend Mandarins Brown Rice Pilaf Milk	Garlic Herb Turkey w/ Quinoa Green Beans Cranberry Orange Relish Milk
24	Delivery Day 25	26	Delivery Day 27	28
Trio Frozen Meal Milk	Roasted Italian Sausage w/ Veggies Apricot Halves Brown Rice Pilaf Milk	Chicken Enchilada Casserole Broccoli Mandarins Corn Tortilla Milk	Chicken Curry Steamed Spinach Lebanese Fruit Salad Brown Rice Pilaf Milk	Meatloaf Broccoli Pears WW Dinner Roll Milk
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