




November 2023

Tuesday	Thursday
 Like us on Facebook	<p>Congregate Dining meals are served every Tuesday and Thursday from 12:00pm (Noon) to 12:30pm.</p> <p>Location: Nevada City Senior Apartments 841 Old Tunnel Road, Grass Valley, CA 95945</p>
Thursday November 2nd	
	<p>Chicken Fajitas w/ Spanish Rice</p> <p>Pinto Beans Mandarin</p> <p>Milk</p>
Tuesday November 7th	Thursday November 9th
<p>Stewed Lentils and Tomatoes</p> <p>Eastern Vegetable Blend Spinach Pear</p> <p>NEW!</p> <p>Milk</p>	<p>Fish and Chips</p> <p>Red Cabbage Salad Apricot Halves WW Bread</p> <p>Milk</p>





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



Gold Country
SENIOR SERVICES

November 2023



<p>Tuesday November 14th</p>	<p>Thursday November 16th</p>
<p>Meatloaf Broccoli Mashed Potatoes Pears WW Dinner Roll Milk</p>	<p>Pulled Pork Sliders Capri Veggies Carrot Raisin Salad Lebanese Fruit Salad Milk</p>
<p>Tuesday November 21st</p>	<p>Thursday November 23rd</p>
<p>Roasted Turkey - Special  French Cut Green Beans Red Potatoes w/ Gravy Cranberry Orange Relish Stuffing & Pumpkin Pie Milk</p>	<p>Congregate Closed </p>
<p>Tuesday November 28th</p>	<p>Thursday November 30th</p>
<p>California Pork w/ Apricot Sauce CA Vegetable Blend Red Potatoes w/ Gravy Tropical Fruit Brown Rice Pilaf Milk</p>	<p>Turkey Pot Pie Broccoli Warm Peaches Milk</p>



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