












Gold Country
SENIOR SERVICES



November 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 other month starting in August.			<i>When you see this salt shaker it indicates a meal that is higher in sodium.</i> 
		1	2	3
		Broccoli Tuna Casserole Peas & Carrots Warm Peaches Milk	Chicken Fajitas w/ Spanish Rice Pinto Beans Mandarin Milk	Turkey Shepherd's Pie Zucchini Squash Sliced Apples WW Dinner Roll Milk
6	7	8	9	10
Sweet & Sour Pork Sesame Green Beans Sliced Peaches Asian Brown Rice Milk	Stewed Lentils and Tomatoes Eastern Vegetable Blend Spinach Pear  Milk	Chicken Dijon SF Blend Vegetables Salad Cranberry Orange Relish Milk	Fish and Chips Red Cabbage Salad Apricot Halves WW Bread Milk	Spaghetti & Meatballs Steamed Broccoli Peas & Carrots Banana Milk (Office Closed)
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.		     		
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>				

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
Chicken Parmesan Zucchini Herbed Cauliflower Apple Milk	Meatloaf Broccoli Mashed Potatoes Pears WW Dinner Roll Milk	Creamy Pesto Pasta Primavera Stewed Tomatoes Salad Warm Peaches Milk NEW!	Pulled Pork Sliders Capri Veggies Carrot Raisin Salad Lebanese Fruit Salad Milk	Chicken Cacciatore Italian Green Beans Salad w/ Beets Applesauce Milk
20	Delivery Day 21	22	23	24
Honey Beef & Broccoli Eastern Vegetable Blend Apricot Halves Asian Brown Rice Milk	Roasted Turkey - Special  French Cut Green Beans Red Potatoes w/ Gravy Cranberry Orange Relish Stuffing & Pumpkin Pie Milk	Chicken Alfredo w/ a Twist Carrots Brussel Sprouts Orange Milk	Trio Frozen Meal  Milk (Office Closed)	Trio Frozen Meal Milk (Office Closed)
27	Delivery Day 28	29	Delivery Day 30	
Trio Frozen Meal Milk	California Pork w/ Apricot Sauce CA Vegetable Blend Red Potatoes w/ Gravy Tropical Fruit Brown Rice Pilaf Milk	Spinach Lasagna Pacific Vegetable Blend Fruit Salad Brown Rice Pilaf Milk	Turkey Pot Pie Broccoli Warm Peaches Milk	

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