



Call our nutrition office at  
(530)273-4961 to reserve lunch



**Gold Country**  
SENIOR SERVICES

Monday	Tuesday	Thursday
		<p><b>1</b> <b>Finger-Lickin' Chicken</b> Winter Squash, Smashed Red Potatoes w/ Gravy, Lebanese Fruit Salad, WW Dinner Roll, 1% Milk</p> <p><b>Older Adult Education with Nevada County</b> 12:15pm</p> 
<p><b>5</b> <b>Broccoli Beef</b> Chow Mein Noodles, Carrots, Fruit Crisp 1% Milk</p>	<p><b>6</b>  <b>Flower Arranging Craft 12:30</b> <b>Pork Picadillo with Brown Rice</b> Italian Blend Vegetables, Brussels Sprouts, Apple Sauce, 1% Milk</p>	<p><b>8</b> <b>Turkey Chili</b> Corn Bread, Chuck Wagon Corn, Romaine Salad with Cabbage and Carrots, Peach Cup, 1% Milk</p>
<p><b>12</b> <b>Creole Baked Fish</b> Herbed Orzo, CA Blend Vegetables, Chuck Wagon Corn, Fruit Cup, 1% Milk</p>	<p><b>13</b> <b>Irish Beef Stew</b> Romaine Salad with Red Cabbage and Carrots, WW Roll, Orange, 1% Milk, Valentine's Treat</p> 	<p><b>15</b> <b>Grilled Chicken with Gnocchi in Marinara</b> Garden Vegetables, Green Salad with Mandarins, Warm Peaches, 1% Milk</p> 
<p><b>19</b>  <b>HAPPY Presidents DAY</b></p>	<p><b>20</b> <b>Pulled Pork Sliders</b> on a Hoagie Roll, Sweet Potato Tater Tots, Broccoli, Fresh Fruit, 1% Milk</p> 	<p><b>22</b> <b>Cheese Ravioli Meat Sauce</b> Italian Blend Vegetables, Garlic Bread, Pineapple Chunks, 1% Milk</p>
<p><b>26</b>  <b>Gentle Exercise for Seniors 10:30am</b> <b>Macaroni and Cheese</b> CA Blend Vegetables, Stewed Tomatoes, Tropical Fruit Salad, 1% Milk</p>	<p><b>27</b> <b>Stir-Fry Chicken and Vegetables</b> Eastern Blend Vegetables, Brown Rice, Warm Apricots, 1% Milk</p>	<p><b>29</b> <b>Hearty Chicken Noodle Soup with Vegetables</b> Romaine Salad with Tomatoes and Carrots, WW Crackers, Kiwi, Birthday Cake, 1% 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



High Sodium Meal >900mg  
Grocery Bag Delivery Day