







Indicates High Sodium  
Meal >900mg



**GENTLE EXERCISE FOR SENIORS EVERY MONDAY AT 10:30 AM**



**Gold Country**  
SENIOR SERVICES

Monday	Tuesday	Thursday
<p>1  <b>Sloppy Joes on a Whole Wheat Bun</b> Roasted Root Vegetables, Warm Apricots, Green Salad with Cherry Tomatoes</p> <p>8 <b>Cheeseburger on a Whole Wheat Bun</b> Potato Wedges, Caribbean Blend Vegetables, Tropical Fruit Salad</p> <p>15 <b>Salmon with Creamy Sun-Dried Tomato Orzo</b> Broccoli, Corn with Peppers, Fresh Fruit, Whole Wheat Bread</p> <p>22 <b>Chicken Tortilla Soup</b> Romaine Salad with Tomatoes and Carrots, Tortilla Chips, Kiwi</p> <p>29 <b>Fish and Chips</b> Red Cabbage Salad, Apricot Halves, Whole Wheat Bread</p>	<p>2 <b>Coq au Vin over Whole Wheat Farfalle</b> Green Beans, Peas, and Carrots, Mandarins and Strawberries</p> <p>9 <b>Pork Picadillo with Brown Rice</b> Italian Blend Vegetables, Brussels Sprouts, Apple Sauce</p> <p>16 <b>Beef Goulash over Whole Wheat Penne</b> Green Beans, Carrot Coins, Fresh Mandarin</p> <p>23 <b>Spring Frittata with Asparagus</b> Mixed Green Salad, O'Brien Potatoes, Spiced Apples, Whole Wheat Roll</p> <p>30 <b>Stir-Fry Chicken and Vegetables</b> Eastern Blend Vegetables, Brown Rice, Warm Apricots</p> <p> Bingo 12:30pm</p>	<p>4 <b>Crunchy Chicken Salad Wrap</b> Tomato Wedges, Fresh Melon</p> <p>11 <b>Turkey Chili</b> Corn Bread, Chuck Wagon Corn, Romaine Salad with Cabbage and Carrots, Peach Cup</p> <p>18 <b>Grilled Chicken with Gnocchi in Marinara</b> Garden Vegetables, Green Salad with Mandarins, Warm Peaches</p> <p>25 <b>Cheese Ravioli with Meat Sauce</b> Italian Blend Vegetables, Whole Grain Garlic Bread, Pineapple Chunks, Birthday Cake</p> <p></p> <p></p>

Individuals 60 years of age or older - suggested voluntary contribution \$3.00 per day  
Please make checks payable to Gold Country Senior Services



# April

## SPRING NUTRITION



The cold is lifting and the sun is shining! That means a spring bounty of fruits and vegetables will be available. Here are a few fruits and vegetables to try this season:

- **Strawberries:** rich in vitamin C and easy to grab and eat or slice up and serve on a salad or in a smoothie.
- **Asparagus:** they're rich in vitamin A and folate. Roast or steam them for a quick side vegetable.
- **Peas:** green peas, snow peas, and sugar snap peas are all crisp, tasty varieties to try. They are high in vitamin A and C.



### Nutrition Program Activities

4/4 OLDER ADULT EDUCATION WITH NEVADA COUNTY 12:15 PM

4/1, 4/8, 4/15, 4/22, 4/29  
GENTLE EXERCISE 10:30 AM

4/11 MUSIC AND MOVEMENT CLASS WITH CARLA SHRYOCK 12:15 PM

4/23 LIVE MUSIC WITH THE GUILTY SAINTS 12:15 PM

4/30 BINGO

Funding and Partners of GCSS

### Suggested Contribution

**\$3.00 for:**

- Adults 60 years and older
- Spouse or caregiver of eligible participant
- Disabled guest of eligible participant
- Residents of Nevada City Senior Apartments

**\$7 Fee for guests under 60**

CONTRIBUTIONS ARE ESSENTIAL TO FUND THE LUNCH PROGRAM. HOWEVER, NO SENIOR 60+ TURNED AWAY DUE TO LACK OF FUNDS.



**Gold Country**  
SENIOR SERVICES



Feeding Families, Fueling Hope for 30 Years



AGENCY ON AGING  
AREA 4



**Dignity Health.**

Sierra Nevada Memorial Hospital

