




Gold Country

SENIOR SERVICES

Tuesday Meals on Wheels Delivery Includes: Tuesday, Wednesday meals
 Thursdays Meals on Wheels Delivery Includes: Thursday, Friday, Monday meals



Monday	Tuesday	Wednesday	Thursday	Friday
1 Irish Beef Stew Romaine Salad with Red Cabbage and Carrots, Whole Wheat Roll, Orange	2 Coq au Vin over Whole Wheat Farfalle Green Beans, Peas and Carrots, Mandarins and Strawberries	3 Sloppy Joes on a Whole Wheat Bun Roasted Root Vegetables, Warm Apricots, Green Salad with Cherry Tomatoes 	4 Crunchy Chicken Salad Wrap Tomato Wedges, Fresh Melon	5 Broccoli Beef Over Whole Wheat Noodles, Carrots, Fruit Crisp
8 Chicken Curry over Brown Rice Steamed Spinach, Peas and Carrots, Mandarin Oranges	9 Pork Picadillo with Brown Rice Italian Blend Vegetables, Brussels Sprouts, Apple Sauce	10 Cheeseburger on a Whole Wheat Bun Potato Wedges, Caribbean Blend Vegetables, Tropical Fruit Salad	11 Turkey Chili Corn Bread, Chuck Wagon Corn, Romaine Salad with Cabbage and Carrots, Peach Cup	12 Fiesta Wrap Black Beans, Quinoa, Turkey, and Vegetables, CA Blend Vegetables, Whole Wheat Tortilla, Banana
15 Chicken Pot Pie with Vegetables Brussels Sprouts, Cranberry Relish, Whole Wheat Roll	16 Beef Goulash over Whole Wheat Penne Green Beans, Carrot Coins, Fresh Mandarin	17 Salmon with Creamy Sun-Dried Tomato Orzo Broccoli, Corn with Peppers, Fresh Fruit, Whole Wheat Bread 	18 Grilled Chicken with Gnocchi in Marinara Garden Vegetables, Green Salad with Mandarins, Warm Peaches	19 Teriyaki Meatballs with Broccoli Brown Rice Pilaf, Eastern Vegetable Blend, Banana
22 Garlic Herb Chicken Rice Pilaf, French Cut Green Beans, Carrots and Peas, Orange	23 Spring Frittata with Asparagus Mixed Green Salad, O'Brien Potatoes, Spiced Apples, Whole Wheat Roll	24 Chicken Tortilla Soup Romaine Salad with Tomatoes and Carrots, Tortilla Chips, Kiwi	25 Cheese Ravioli with Meat Sauce Italian Blend Vegetables, Whole Grain Garlic Bread, Pineapple Chunks	26 Pulled Pork Sliders on a Whole Wheat Hoagie Roll  Sweet Potato Tater Tots, Broccoli, Fresh Fruit
29 Whole Grain French Toast with Sausage O'Brien Potatoes, Mixed Berry Compote	30 Stir-Fry Chicken and Vegetables Eastern Blend Vegetables, Brown Rice, Warm Apricots			

High Sodium Meal >900mg

 Grocery Bag Delivery Day
 1% milk offered with every meal

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 GUILT SAINTS 12:15 PM

4/30 BINGO

Funding and Partners of GCSS

Meal Reheating Instructions:

If meal is not 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 degrees,
- 2) peel back or slit lid
- 3) put meal on a cookie sheet
- 4) heat 10 minutes or until heated thru



Gold Country
SENIOR SERVICES



Feeding Families, Fueling Hope for 30 Years



AGENCY ON AGING AREA 4



Dignity Health.

Sierra Nevada Memorial Hospital

