

SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, July 31

Beef Stew

Tuesday, August 1

Pollock

Wednesday, August 2

Beef Tips with Portobello

Thursday, August 3

Stuffed Cabbage Rolls

Friday, August 4

Turkey Pot Roast

The Goebel Café

Goebel Adult Community Center

1385 E. Janss Road
Thousand Oaks, CA 91362

Goebel Cafe (805) 381-2746

www.crpdc.org/goebeladult

Ventura County Area Agency on Aging:

(805) 477-7311

All meals served with
8 oz. milk and fruit
and conform to
VCAAA requirements.
*Menu subject to
change without
notice.*

**Suggested
donation for daily
meal is \$3 for
those 60+
years old.**

NO eligible individual
(60+) shall be denied
participation because of
failure or inability
to donate.

Let us welcome,
Guitarist, Phil Mercurio,
who will be playing
guitar at the Goebel Café
on the 2nd and 4th
Thursdays of the month
during lunch hour!

