

SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, October 9

Sweet & Sour Chicken

Tuesday, October 10

Tuna Sandwich

Wednesday, October 11

Stir Fry Chicken

Thursday, October 12

Salisbury Steak

Friday, October 13

Turkey Meatball

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 choice of yogurt or cheese stick, sandwiches/ burgers include 1 slice of whole wheat bread and conform

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 1st Thursday and 3rd Friday of the month during lunch hour!

