

SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, November 13

Chicken Patty

Tuesday, November 14

Salisbury Steak

Wednesday, November 15

Pollock

Thursday, November 16

Lasagna Roll Up

Friday, November 17

Turkey Sandwich

The Goebel Café

Goebel Adult Community Center

1385 E. Janss Road
Thousand Oaks, CA 91362

Goebel Cafe (805) 381-2746

www.crpd.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!

