

# SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, July 9

Cabbage Rolls

Tuesday, July 10

Chicken Stir-Fry

Wednesday, July 11

Tuna Sandwich

Thursday, July 12

Turkey Pot Roast

Friday, July 13

Meatloaf

## The Goebel Café

**Goebel Adult Community Center**

1385 E. Janss Road  
Thousand Oaks, CA 91362

**Goebel Cafe (805) 381-2746**

[www.crpdc.org/gacc](http://www.crpdc.org/gacc)

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

# JULY

