

# SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, July 30

Chicken Flautas

Tuesday, July 31

Turkey Meatballs

Wednesday, August 1

Beef Tips

Thursday, August 2

Chicken Piccata

Friday, August 3

Lasagna Roll-Ups

## 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