

SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, October 8

Salisbury Steak

Tuesday, October 9

Turkey Meatloaf

Wednesday, October 10

Tuna Sandwich

Thursday, October 11

Turkey Bolognese

Friday, October 12

Garlic Chicken

The Goebel Café

Goebel Adult Community Center

1385 E. Janss Road
Thousand Oaks, CA 91362

Goebel Cafe (805) 381-2746

www.crpd.org/gacc

Ventura County Area Agency on Aging:

(805) 477-7311

All meals served with 8 oz. milk, yogurt, and fruit. 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.

