

SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, December 3

Beef Tips

Tuesday, December 4

Lemon Chicken

Wednesday, December 5

Cheese Lasagna

Thursday, December 6

Sweet & Sour Chicken

Friday, December 7

Beef Stew

The Goebel Café

Goebel Adult Community Center

1385 E. Janss Road
Thousand Oaks, CA 91362

Goebel Cafe (805) 381-2746

www.crpdpd.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.

