

SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, January 7

Mac & Cheese

Tuesday, January 8

Turkey Bolognese

Wednesday, January 9

Beef Tips

Thursday, January 10

Pollock

Friday, January 11

Stir Fry Chicken

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.



January