

# SENIOR NUTRITION LUNCH PROGRAM

11:30am-12:30pm

Monday, January 15

Lemon Chicken

Tuesday, January 16

Salisbury Steak

Wednesday, January 17

**WELLNESS FEST!!!**  
**(NO SENIOR NUTRITION LUNCH)**

Thursday, January 18

Lasagna Roll Up

Friday, January 19

Turkey Sandwich

## The Goebel Café

**Goebel Adult Community Center**

1385 E. Janss Road  
Thousand Oaks, CA 91362

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

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

**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!**

**Private Pay**  
Patrons age 18-59 can purchase a senior nutrition meal for \$7.

# JANUARY

