



# February Menu 2024

Name: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Location Choice: \_\_\_\_\_

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>*To order an alternative, advanced notice by the Wednesday before the week of the change is required. Alternatives are subject to availability</i>	<b>Alternative meal options:</b> <ul style="list-style-type: none"> <li>• Creamy Carrot Soup</li> <li>• Spinach Ravioli with Alfredo Sauce               <ul style="list-style-type: none"> <li>• Clam Chowder</li> </ul> </li> <li>• Broccoli Cheddar Soup</li> </ul>	1 Breaded Fish Wild Rice Pilaf Green Beans Petite Banana Milk	2 Cheeseburger with Lettuce, Tomato and Onion on a Whole Grain Bun Side Winder fries Kiwi Fruit Milk
5 Chicken Fajitas Black Beans Flour Tortilla Mandarin Oranges Milk	6 Spaghetti and Meat Sauce Italian Blend Vegetables Whole Grain Garlic Breadstick Kiwi Fruit Milk	7 Pork Chop with Gravy Mashed Potatoes Mixed Vegetables Warm Apple Compote Fig Newtons Milk	8 Vegetarian Chili with Cheddar Cheese Corn Bread Steamed Broccoli Fig Newton Cookie Milk	9 Juicy Tri-Tip Seasoned Potatoes California Blend Vegetables Kiwi Fruit Vanilla Wafers Milk
12 Baked Cod Wild Rice Oriental Vegetables Fresh Apple Fortune Cookie Milk	13 Cheese Tortellini with Mushroom Sauce Brussel Sprouts Mixed Fruits Peanut Butter Cookie Milk	14 Orange Chicken Wild Rice Steamed Broccoli and Carrots Mandarin Oranges Chocolate Milk	15 Turkey Burger Swiss/Tomato/Lettuce Whole Grain Bun Wedge Fries Pear Milk	16 Minestrone Soup Whole Wheat Roll Kiwi Fruit Oatmeal Cookie Milk
<b>Closed For President's Day</b>	20 Shrimp Scampi Linguini Pasta Steamed Carrots Fresh Apple Milk	21 Parmesan Chicken Spaghetti with Marinara Steamed Broccoli Pear Milk	22 Swedish Meatballs Whole Grain Penne Pasta Roasted Brussel Sprouts Kiwi Fruit Chocolate Milk	23 Chili Rellenos Roasted Sweet Potatoes Asparagus Whole Wheat Roll Pear Milk
26 Mongolian Beef Fried Brown Rice Broccoli Florets Mandarin Oranges Milk	27 Fried Chicken Mashed Potatoes Steamed Cauliflower Fresh Apple Milk	28 Turkey Sloppy Joes on a Whole Grain Bun Tater Tots California Blend Vegetables Kiwi Fruit Milk	29 Pork Chili Verde Spanish Rice Roasted Zucchini Whole Orange Milk	<b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b> 

**To cancel a meal, please call the day before or NO LATER THAN 8 AM. (Placerville) 530 621-6160 OR (South Lake Tahoe) 530-573-3130**

**Call (530) 621-6160 for current dine-in status. Please join us at one of the following locations:**

Placerville      El Dorado Hills      Pioneer Park      Pollock Pines      Greenwood      Cameron Park      South Lake Tahoe  
 937 Spring St    990 Lassen Lane    6740 Fairplay Rd    2675 Sanders Dr    4411 Hwy 193    2502 County Club Dr    3050 Lake Tahoe Blvd.

**Service is subject to interruption due to weather or power outages. Menu is subject to change. Meal reservations are to be made on Wednesdays for the following week.**