






# April Menu 2019



Lunch is served between 12-12:30 pm for the suggested donation of \$3.00

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Noodle Stroganoff Italian Vegetables Juicy Pineapple Rye Bread Milk	2 Chinese Chicken Salad Whole Wheat Hawaiian Roll Mandarin Oranges Chocolate Milk	3 Tortellini with Mushroom Sauce Spinach Salad with Feta, Walnuts and Vinaigrette Whole Grain Bread with Butter Peaches Milk	4 Chicken Cordon Bleu with Gravy Roasted Potatoes Green Bean Almondine Apricots Milk	5 <i>Birthday Friday</i> Pork Chop with Gravy Country Mashed Potatoes Mixed Vegetables Pineapple Upside Down Cake Milk
8 Chicken Cacciatore Whole Grain Pasta Oriental Vegetables Mandarin Oranges Milk	9 Fresh Salmon with Aioli Sauce Fluffy Wild Rice Mixed Vegetables Fig Newton Cookies Milk	10 Split Pea Soup Oyster Crackers Tossed Green Salad with Sliced Beets and Ranch Dressing Juicy Strawberries Milk	11 Roasted Turkey Cornbread Stuffing Seasoned Brussel Sprouts Fresh Cranberry Sauce Milk	12 Salisbury Steak with Gravy Honey Cinnamon Carrots Flakey Biscuit Fresh Orange Chocolate Milk
15 Chicken Marsala Seasoned Red Potatoes Broccoli Juicy Grapes Whole Wheat Roll Milk	16 Spaghetti with Meat Sauce Tossed Green Salad with Orange Vinaigrette Garlic Breadstick Apricots Milk	17 Meatloaf with Mashed Potatoes and Gravy Garlicky Green Beans with Lemon Zest Vanilla Wafers Half a Banana Milk	18 Pulled Pork Sandwich on a Whole Grain Bun Tator Tots Pineapple Chunks Milk	19 Stuffed Bell Pepper Brown Rice Steamed Carrots Fig Newton Cookies Milk
22 Shepherd's Pie Green Beans Orange Sections Whole Wheat Bread Milk	23 Oven Baked Chicken Roasted Sweet Potatoes Blended Vegetables Fresh Strawberries Chocolate Milk	24 Breaded Tilapia with Tartar Sauce Confetti Wild Rice Pilaf Steamed Zucchini and Carrots Fresh Grapes Milk	25 Vegetarian Lasagna Tossed Green Salad with Tomato Wedges Garlic Herb Breadstick Fresh Juicy Apricot Milk	26 Ham and Swiss Cheese Sandwich with Dijon Mustard on Rye Bread Potato Chips Fresh Crisp Apple Milk 
29 Macaroni and Cheese Broccoli and Cauliflower Florets Fresh Juicy Red Grapes Oatmeal Cookie Milk	30 Crab Cake with Tartar Sauce Coleslaw Apple Compote Chocolate Milk		<b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b> 	<b>Senior Nutrition strives to use whole grain bread products</b> 

Serving adults 60 years and older ~ Join us at one of the following locations...

Visit our website: <https://www.edcgv.org/SeniorService.aspx>

Greenwood (530) 885-9160	El Dorado Hills (916) 358-3561	Diamond Springs (530) 622-8131
Pollock Pines (530) 644-4008	Pioneer Park (530) 620-5432	South Lake Tahoe (530) 573-3130
Placerville (530) 621-6160	Cameron Park CSD (530) 677-2231 (Mondays & Fridays only)	

In the event of low snow or power outage, call after 7 am:

El Dorado County Facility Closure Hotline: (530) 573-3050 or (916) 358-3555 ext. 3050

**El Dorado County Senior Nutrition**  
**(530) 621-6160**

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