



August Menu 2023



Name
Phone
Location Choice

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*To order an alternative, advanced notice by the Wednesday before the week of the change is required. The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</i></p> <p>7</p> <p>Turkey Burger on Whole Grain Bun with Lettuce, Tomato and Onion Potato Chips Kiwi Fruit Milk</p> 	<p>1</p> <p>Fettuccini Alfredo with Parsley Steamed Broccoli Pear Fruit Cup Breadstick Milk</p>	<p>2</p> <p>BBQ Pulled Pork Mashed Potatoes Grilled Corn Hawaiian Roll Applesauce Milk</p>	<p>3</p> <p>Orange Chicken Fluffy Wild Rice Stir Fry Vegetables Mandarin Oranges Fortune Cookie Milk</p>	<p>4</p> <p>Chicken Cacciatore Creamy Mashed Potatoes Italian Blend Vegetables Wheat Roll Fresh Plum Milk</p>
<p>14</p> <p>Tuna Salad on a Bed of Lettuce Potato Chips Whole Wheat Bun Fresh Apple Milk</p>	<p>8</p> <p>Beef Stew with Potatoes Summer Squash & Carrots Corn Bread with Butter and Honey Fresh Juicy Orange Milk</p>	<p>9</p> <p>Chicken BLT Salad with Creamy Blue Cheese Dressing and Croutons Roasted Bell Pepper Soup Crisp Apple Milk</p>	<p>10</p> <p>Baked Salmon with Dill Sauce Wild Rice Green Beans Strawberries Milk</p>	<p>11</p> <p>Parmesan Chicken & Penne Pasta Steamed Broccoli Florets Fresh Juicy Plum Fig Newton Cookies Milk</p>
<p>21</p> <p>Cold Roast Beef Sandwich with Cheddar Cheese, Lettuce, Red Onion and Mayo on Whole Wheat Bread Three Bean Salad Pineapple Cup Milk</p> 	<p>15</p> <p>Swedish Meatballs with Gravy Buttered Egg Noodles Cinnamon Honey Carrots Juicy Summer Melon Milk</p> 	<p>16</p> <p>Flaky White Fish with Lemon Pesto Brown Rice Summer Squash Fresh orange Milk</p>	<p>17</p> <p>Lentil Stew Creamy Colorful Coleslaw Oyster Crackers Fresh Juicy Peach Milk</p>	<p>18</p> <p>Oven Baked Chicken Macaroni and Cheese Roasted Brussel Sprouts Kiwi Fruit Milk</p>
<p>28</p> <p>Hearty Black Bean Soup Romaine Salad with Tomatoes and Ranch Dressing Oyster Crackers Fresh Plum Milk</p>	<p>22</p> <p>BBQ Chicken Roasted Broccoli Florets Mixed Fruit Cup Oatmeal Cookie Milk</p>	<p>23</p> <p>Meatloaf and Gravy New Potatoes Honey Cinnamon Carrots Sweet Watermelon Vanilla Wafers Milk</p>	<p>24</p> <p>Burrito Bowl Brown Rice, Pinto Beans, Fajita Vegetables and Cheese Tortilla Chips and Salsa Orange Milk</p>	<p>25</p> <p>Philly Cheesesteak Sandwich on Whole Grain Bread Cauliflower Florets Juicy Pineapple Milk</p>
<p>29</p> <p>Ranch Chicken Pasta Salad Crisp Baby Carrots Hawaiian Roll Kiwi Fruit Milk</p>	<p>30</p> <p>Margherita Chicken w/ Penne Pasta Fiesta Vegetables Fresh Juicy Peach Milk</p>	<p>31</p> <p>Clam Chowder Oyster Crackers Italian Blend Vegetables Pear Fruit Cup Milk</p> 	<p>Alternative meal options:</p> <ul style="list-style-type: none"> • Creamy Carrot Soup • Spinach Ravioli with Alfredo Sauce • Clam Chowder • Broccoli Cheddar Soup <p><i>*Alternatives subject to availability*</i></p>	

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:

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| Placerville
937 Spring St | El Dorado Hills
990 Lassen Lane | Pioneer Park
6740 Fairplay Rd | Pollock Pines
2675 Sanders Dr | Greenwood
4411 Hwy 193 | Cameron Park
2502 County Club Dr | South Lake Tahoe
3050 Lake Tahoe Blvd. |
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Service is subject to interruption due to weather or power outages. Menu is subject to change.