



December Menu 2018



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
<p>3</p> <p>Pork Chop with Country Gravy Cinnamon Sweet Potatoes Green Beans Half of an Orange Whole Wheat Dinner Roll Milk</p>	<p>4</p> <p>Beef Noodle Stroganoff Spinach Salad with Blue Cheese and Orange Vinaigrette Kiwi Fruit Whole Grain Bread Milk</p>	<p>5</p> <p>Cottage Cheese with Luau Fruit Split Pea Soup Oyster Crackers Oatmeal Raisin Cookie Milk</p>	<p>6</p> <p>Baked Salmon with Aioli Sauce Brown Rice Zucchini and Yellow Squash Orange Sections Whole Wheat Bread Milk</p>	<p><i>Birthday Friday</i> 7</p> <p>Chicken Cordon Bleu Mashed Potatoes and Gravy Maui Salad Holiday Cookie Milk</p> 
<p>10</p> <p>Salisbury Steak with Mushroom Sauce Cheesy Cauliflower Apricots Whole Wheat Roll Milk</p>	<p>11</p> <p>Ham and Swiss Sandwich with Honey Mustard on Rye Carrot Tomato Soup Fresh Pear Milk</p> 	<p>12</p> <p>Clam Chowder Oyster Crackers Colorful Coleslaw Fig Newton Cookie Milk</p>	<p>13</p> <p>Tortellini with Chunky Marinara Spinach Salad with Feta and Walnuts Garlic Breadstick Red Juicy Grapes Milk</p> 	<p>14</p> <p>Warm Chicken Sandwich with Melted Swiss and Pineapple and Lettuce on a Whole Grain Bun Tator Tots Clementine Orange Milk</p>
<p>17</p> <p>Beer Battered Pollock with Tartar Sauce Wild Rice Zucchini Squash Fresh Mandarin Orange Milk</p>	<p>18</p> <p>Vegetarian Chili Fresh Garden Salad with Italian Dressing Cornbread with Butter and Honey Peaches Milk</p>	<p>19</p> <p>Chicken BLT Salad with Blue Cheese Dressing Vegetable Soup Mixed Fruit Whole Wheat Bread Milk</p>	<p>20</p> <p>Turkey Divan Steamed Wild Rice Broccoli Apricots Chocolate Milk</p>	<p>21</p> <p>Ham with Garlic Mashed Potatoes Honey Cinnamon Carrots Cherry Supreme Milk</p> 
<p>24</p> <p>Happy Holidays</p>	<p>25</p> <p>Happy Holidays</p>	<p>26</p> <p>Baked Chicken with Gravy Yams Green Beans Mandarin Orange Whole Wheat Roll Milk</p>	<p>27</p> <p>Turkey Burger on Whole Grain Bun with Lettuce, Tomato and Onion Potato Chips Kiwi Fruit Milk</p>	<p>28</p> <p>Meatloaf with Mashed Potatoes and Gravy California Blend Vegetables Whole Wheat Bread Chocolate Milk</p>
<p>31</p> <p>Sweet and Sour Pork Brown Rice Oriental Vegetables Pineapple Milk</p>		<p>Senior Nutrition strives to use whole grain bread products</p> 		<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 

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

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Greenwood (530) 885-9160
Pollock Pines (530) 644-4008
Placerville (530) 621-6160

El Dorado Hills (916) 358-3561
Pioneer Park (530) 620-5432
Cameron Park CSD (530) 677-2231 (Mondays & Fridays only)

Diamond Springs (530) 622-8131
South Lake Tahoe (530) 573-3130

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

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