




December Menu 2022

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 		<p>1</p> <p>Savory Meatloaf Mashed Potatoes with Gravy California Blend Vegetables Fruit Cocktail Chocolate Milk</p>	<p>2</p> <p>Crispy Chicken Sandwich Honey Mustard Swiss Cheese/Lettuce/Tomato Sun Chips Box of Raisins Milk</p>
<p>5</p> <p>Spaghetti and Meat Sauce Roasted Broccoli Whole Wheat Dinner Roll Apple Compote Milk</p>	<p>6</p> <p>Pesto Chicken Bruschetta Orzo Pasta Steamed Carrots Kiwi Fruit Milk</p>	<p>7</p> <p>Breaded Baked Cod Roasted Sweet Potatoes Colorful Coleslaw Pineapple Chunks Milk</p>	<p>8</p> <p>Rosemary and Garlic Pork Loin Steamed Wild Rice Broccoli Florets Oatmeal Chocolate Chip Cookie Apple Milk</p>	<p>9</p> <p>Cheese Tortellini with Mushroom Sauce Cauliflower Mashed Potatoes Whole Wheat Roll Peaches Chocolate Milk</p>
<p>12</p> <p>Western Bacon Cheeseburger Whole Grain Bun Roasted Zucchini Mandarin Oranges Milk</p> 	<p>13</p> <p>Shrimp Scampi Italian Blend Vegetables Garlic Breadstick Kiwi Fruit Milk</p>	<p>14</p> <p>Chicken Enchilada Casserole made with Corn Tortillas Wild Rice Roasted Brussel Sprouts Applesauce Milk</p>	<p>15</p> <p>Pork Pot Pie Green Beans Mandarin Cup Shortbread Cookies Milk</p>	<p>16</p> <p>Vegetarian Lasagna Peas and Carrots Whole Wheat Roll Mixed Fruit Cup Chocolate Milk</p>
<p>19</p> <p>Baked Salmon with Tartar Sauce Couscous Pilaf Steamed Green Beans Whole Wheat Roll Orange Milk</p>	<p>20</p> <p>Shepherd's Pie with Butternut Squash and Mixed Veggies Cornbread Pear Milk</p>	<p>21</p> <p>Teriyaki Chicken Oriental Vegetables Wild Rice Pineapple Chunks Fortune Cookie Milk</p>	<p>22</p> <p>Smoked Brisket Stuffing Green Beans with Bacon Cheesecake Milk</p>	<p>23</p> <p>Closed for the Holidays</p>
<p>26</p> <p>Closed for the Holidays</p>	<p>27</p> <p>BBQ Chicken Garlic Mashed Potatoes Roasted Brussel Sprouts Mandarin Oranges Milk</p>	<p>28</p> <p>Salisbury Steak Macaroni and Cheese Mixed Garden Vegetables Kiwi Chocolate Milk</p>	<p>29</p> <p>Baked Glazed Ham Mashed Sweet Potato with Dried Cranberries Roasted Cauliflower Florets Cookie Milk</p> 	<p>30</p> <p>Beef Noodle Stroganoff 4-Way Vegetables Pear Fig Newtons Milk</p>

This monthly menu is for all dine-in, take-out and home delivery.

ADVANCE RESERVATIONS ARE REQUIRED FOR DINE-IN AND TAKE-OUT MEALS.

Calls must be received no later than the day before. Call (530) 621-6160 OR for South Lake Tahoe (530) 573-3130.

Service is subject to interruption due to weather or power outages. Menu is subject to change.

El Dorado County Senior Nutrition
937 Spring St.
Placerville, CA 95667
(530) 621-6160
For South Lake Tahoe
(530) 573-3130