






February 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
Senior Nutrition strives to use whole grain bread products 		The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 		<i>Birthday Friday</i> 1 Cheese Tortellini with Mushroom Sauce Lightly Seasoned Green Beans Strawberry Shortcake Milk
4 Swedish Meatballs Buttered Whole Grain Noodles California Blend Vegetables Banana Cream Pie Milk	5 Fish Taco with Pico D' Gallo and a Flour Tortilla Colorful Coleslaw with Pineapple Tidbits Oatmeal Cookie Milk	6 Turkey Sandwich on Whole Grain Bread Minestrone Soup Fresh Pear Milk	7 Creamy Macaroni and Cheese Spinach Salad with Vinaigrette Petite Banana Milk	8 Roast Beef Mashed Potatoes with Gravy Mixed Vegetables Whole Mandarin Orange Milk
11 Vegetarian Chili with Cheddar Cheese Oyster Crackers Steamed Broccoli Fig Newton Cookie Milk	12 Chicken Marabella Roasted Sweet Potatoes Green Beans Juicy D' Anjou Pear Whole Wheat Roll Milk	13 Spaghetti and Meat Sauce Fresh Garden Salad with Ranch Dressing Garlic Breadstick Kiwi Fruit Milk	14 Beef Burgundy with Noodles California Blend Vegetables Flakey Warm Biscuit with Butter and Honey Fruited Red Gelatin Milk	15 Sweet and Sour Pork Steamed Wild Rice Oriental Vegetables Mandarin Orange Sections Fortune Cookie Milk
18 President's Day Holiday	19 Lentil Stew California Blend Vegetables Whole Mandarin Orange Whole Wheat Dinner Roll Chocolate Milk	20 Chicken Enchilada Spanish Rice Cauliflower and Broccoli Florets Fresh Juicy Pear Milk	21 Fresh Salmon with Aioli Sauce Wild Rice Brussel Sprouts Fig Newton Cookie Milk	22 Cheeseburger with Lettuce, Tomato and Onion on a Whole Grain Bun Tator Tots Kiwi Fruit Milk
25 Roasted Pork Chop with Gravy Seasoned Yams Broccoli Florets Whole Wheat Roll Peaches Milk	26 Ranch Chicken Pasta Salad Navy Bean Soup Hawaiian Roll Kiwi Fruit Milk	27 Clam Chowder Oyster Crackers Italian Blend Vegetables Fresh Grapes Milk 	28 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Whole Orange Rye Bread Milk	

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

Visit our website: <https://www.edcgov.us/SeniorService.aspx>

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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