

February Menu 2022

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breaded Fish Wild Rice Pilaf Colorful Coleslaw Petite Banana Milk	2 Turkey Sloppy Joes on a Whole Grain Bun Tater Tots Roasted Brussel Sprouts Kiwi Fruit Milk	3 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Whole Orange Vanilla Wafers Milk	4 Chicken Fajitas Black Beans Flour Tortilla Mandarin Oranges Milk
7 Spaghetti and Meat Sauce Italian Blend Vegetables Whole Grain Garlic Breadstick Kiwi Fruit Milk	8 Chicken Marsala Roasted Sweet Potatoes Green Beans Juicy Pear Whole Wheat Roll Milk	9 Pork Chili Verde Spanish Rice Roasted Zucchini Whole Orange Milk	10 Juicy Tri-Tip Seasoned Potatoes California Blend Vegetables Kiwi Fruit Vanilla Wafers Milk	11 Baked Cod Wild Rice Oriental Vegetables Fresh Apple Fortune Cookie Milk
14 Mongolian Beef Fried Brown Rice Oriental Vegetables Mandarin Oranges Valentine Treat Milk	15 Orange Chicken Wild Rice Green Beans Mandarin Oranges Chocolate Milk	16 Turkey Burger Swiss/Tomato/Lettuce Whole Grain Bun Wedge Fries Juicy Pear Milk	17 Baked Salmon Couscous Mixed Vegetables Oatmeal Cookie Kiwi Fruit Milk	18 Fried Chicken Mashed Potatoes Broccoli Florets Fresh Apple Milk
21 Closed for President's Day	22 Parmesan Chicken Spaghetti with Marinara Steamed Broccoli Juicy Pear Milk	23 Swedish Meatballs Whole Grain Penne Pasta California Blend Vegetables Kiwi Fruit Chocolate Milk	24 Pork Chop with Gravy Mashed Potatoes Mixed Vegetables Warm Apple Compote Whole Grain Fig Newtons Milk	25 Cheese Tortellini with Mushroom Sauce Lightly Seasoned Green Beans Strawberry Cobbler Milk
28 Shrimp Scampi Linguini Pasta Brussel Sprouts Fresh Apple Milk				

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

For reheating instructions, please see the other side of this menu.

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

El Dorado County Senior Nutrition
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