






# February Menu 2023

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 Green Beans 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
6 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 Chili Rellenos Roasted Sweet Potatoes Green Beans Whole Wheat Roll Pear 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
13 Baked Cod Wild Rice Oriental Vegetables Fresh Apple Fortune Cookie Milk	14 Cheese Tortellini with Mushroom Sauce Green Beans Peanut Butter Cookie Milk 	15 Orange Chicken Wild Rice Green Beans Mandarin Oranges Chocolate Milk 	16 Turkey Burger Swiss/Tomato/Lettuce Whole Grain Bun Wedge Fries Pear Milk	17 Minestrone Soup Whole Wheat Roll Oatmeal Cookie Milk
20 <b>Closed For President's Day</b>	21 Shrimp Scampi Linguini Pasta Brussel Sprouts Fresh Apple Milk 	22 Parmesan Chicken Spaghetti with Marinara Steamed Broccoli 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 Fig Newtons Milk
27 Mongolian Beef Fried Brown Rice Oriental Vegetables Mandarin Oranges Milk	28 Fried Chicken Mashed Potatoes Broccoli Florets Fresh Apple Milk		<b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b> 	

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