






January 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 	New Year's Day 1	2 Salmon with Aioli Sauce Wild Rice Zucchini Orange Sections Whole Wheat Bread Milk	3 Spaghetti and Meat Sauce Spinach Salad with Feta and Walnuts with Orange Vinaigrette Apricots Breadstick Milk	<i>Birthday Friday</i> 4 Chicken Tamale Pie with Sour Cream and Chives Green Beans Warm Peach Crisp Milk
7 Macaroni and Cheese California Blend Vegetables Fresh Kiwi Fruit Raspberry Sherbet Milk	8 Shepherd's Pie Buttered Brussel Sprouts Half of a Banana Whole Wheat Roll Milk	9 Chicken Ravioli Soup Tossed Green Salad Hawaiian Roll Pineapple Milk 	10 Breaded Pollock with Tartar Sauce Baked Butternut Squash California Blend Vegetables Crisp Red Apple Chocolate Milk	11 Yankee Pot Roast Red Potatoes Apricots Oatmeal Cookie Milk
14 Swedish Meatballs Rotini Noodles Steamed Broccoli Warm Apple Compote Milk	15 Chili Dog with All the Fixins' (Side of Onion, Diced Tomato) Whole Grain Bun Golden Delicious Apple Milk 	16 Pork & Black Bean Enchilada Bake Sour Cream Fiesta Blend Vegetables Orange Sections Milk	17 Chicken Cacciatore Wild Rice Blend Butter Glazed Carrots Fresh Pear Milk	18 Creamy Alfredo Pasta Broccoli Juicy Red Grapes Buttered Breadstick Chocolate Milk
Martin Luther King Jr. Day 21	22 Chicken Parmesan Spaghetti Noodles with Marinara Italian Blend Vegetables Kiwi Fruit Milk	23 Navy Bean Soup Ham Sandwich with Pepper Jack Cheese, Lettuce, Tomato and Mustard on Marbled Rye Apricots Milk 	24 Beef Stew with Sweet Potatoes, Carrots and Seasonal Squash Cornbread with Butter and Honey Orange Sections Milk	25 Smoked Turkey Turnover with Gravy Steamed Broccoli Clementine Orange Fig Newton Cookie Milk
28 Salisbury Steak Mashed Potatoes and Gravy Brussel Sprouts with Butter Whole Wheat Dinner Roll Grapes Milk	29 Grilled Chicken Sandwich on a Whole Wheat Bun Vegetable Soup Tator Tots Fruited Gelatin Salad Milk	30 Creamy Tuna Noodle Casserole Oven Baked Brussel Sprouts Sweet Red Grapes Vanilla Wafer Cookies Milk	31 Pork Roast with Gravy Mashed Potatoes Steamed Broccoli Pineapple Rings Whole Wheat Dinner Roll Milk	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 

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

Visit our website: <https://www.edcgv.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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