

January Menu 2022

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Breaded Pollock with Tartar Sauce Baked Butternut Squash Steamed Broccoli Crisp Apple Chocolate Milk</p>	<p>4</p> <p>Italian Sausage Cavatappi with Ricotta Cheese Romaine with Vinaigrette Breadstick Peaches Milk</p>	<p>5</p> <p>Chicken Pot Pie Roasted Asparagus Mandarin Orange Fig Newton Cookies Milk</p>	<p>6</p> <p>Macaroni and Cheese with Bacon Mixed Vegetable Blend Kiwi Fruit Shortbread Cookies Milk</p>	<p>7</p> <p>Yankee Pot Roast Red Potatoes Roasted Brussel Sprouts Apricots Oatmeal Cookie Milk</p>
<p>10</p> <p>Spaghetti and Meat Sauce Roasted Cauliflower Juicy Pear Garlic Breadstick Milk</p>	<p>11</p> <p>Baked Cod Seasoned Sweet Potatoes Green Beans Fig Newton Cookies Applesauce Milk</p>	<p>12</p> <p>Pork and Black Bean Enchilada Bake Sour Cream Fajita Blend Vegetables Orange Sections Milk</p>	<p>13</p> <p>Chicken Cacciatore Wild Rice Blend Butter Glazed Carrots Crisp Apple Milk</p>	<p>14</p> <p>Creamy Alfredo Pasta Broccoli Florets Juicy Pear Whole Grain Dinner Roll Chocolate Milk</p>
<p>17</p> <p>Martin Luther King Jr. Day</p>	<p>18</p> <p>Chili Dog on a Whole Grain Bun Diced Onion and Cheese Fiesta Vegetables Applesauce  Milk</p>	<p>19</p> <p>Shrimp Scampi Whole Grain Pasta Green Beans Peach Melba Milk</p>	<p>20</p> <p>Beef Stew with Potatoes, Carrots, and Seasonal Squash Biscuit with Butter and Honey Applesauce Milk</p>	<p>21</p> <p>Teriyaki Chicken Vegetable Fried Rice Steamed Broccoli Fig Newton Cookies Milk</p>
<p>24</p> <p>Baked Salmon Wild Rice Zucchini Orange Sections Vanilla Wafers Milk</p>	<p>25</p> <p>Tender Pork Loin Red Potatoes Broccoli Florets Fresh Asian Pear Whole Grain Hawaiian Roll Milk</p>	<p>26</p> <p>Spaghetti and Meatballs Steamed Spinach Apricots Breadstick Milk</p>	<p>27</p> <p>Chicken Marbella Couscous Pilaf Roasted Carrots Strawberry Cobbler Milk</p>	<p>28</p> <p>Tri Tip Sour Cream Mashed Potatoes Brussel Sprouts with Butter Whole Wheat Dinner Roll Crisp Apple Milk</p>
<p>31</p> <p>Cheeseburger on a Whole Wheat Bun Lettuce/Tomato/Onion Wedge Fries Kiwi Fruit Milk</p>		<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium </p>		

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.

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