







July 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
1 Baked Ziti Green Beans Red Juicy Grapes Chocolate Milk	2 Chicken Ranch Salad with Red Bell Pepper and Carrots Whole Wheat Dinner Roll Melon Medley Milk	3 Salisbury Steak with Mushroom Sauce Whole Grain Penne Pasta Broccoli Florets Fresh Juicy Peach Milk	4  Happy 4th of July!	5 <i>Birthday Friday</i> Crab Cake with Tartar Sauce Brown Rice Pilaf Oriental Vegetables Apple Crisp Milk
8 Spaghetti and Meatballs Italian Vegetables Garlic Bread Fresh Orange Milk	9 Chicken Caesar Salad with Parmesan Cheese Fresh Strawberries Slice of Rye Bread Milk	10 Beef Noodle Stroganoff Wild Rice Mixed Vegetables Apricots Milk	11 Creamy Macaroni and Cheese California Blend Vegetables Fresh Juicy Plum Chocolate Milk	12 Turkey Tetrazzini Roasted Sweet Potatoes Steamed Green Beans Pineapple Tidbits Whole Wheat Dinner Roll Milk
15 Breaded Pollock with Tartar Sauce Red Potatoes Steamed Carrots and Cauliflower Fig Newton Cookie Milk	16 Split Pea Soup Colorful Coleslaw Whole Wheat Dinner Roll Apricots Milk	17 Polynesian Chicken Breast Whole Grain Penne Pasta Peas and Carrots Juicy Nectarine Milk	18 Pork Chop with Gravy Roasted Potatoes with Butter California Blend Vegetables Fresh Crisp Apple Vanilla Wafer Cookies Milk	19 Plump Juicy Hot Dog on a Whole Wheat Bun Corn and Carrots Fresh Strawberries Chocolate Milk
22 Clam Chowder Italian Blend Vegetables Oyster Crackers Melon Medley Milk	23 Asian Chicken Salad with Peanuts, Celery, Romaine and Cabbage Juicy Nectarine Whole Wheat Dinner Roll Milk	24 Vegetarian Chili with Cheese and Red Onion Golden Cornbread Broccoli Florets Fresh Juicy Plum Milk	25 Fresh Baked Salmon with Aioli Sauce Brown Rice Seasoned Spinach Juicy Grapes Milk	26 Turkey and Pepper Jack Cheese on a Whole Grain Bun Broccoli Slaw with Pineapple Tidbits Chocolate Milk
29 Meatloaf with Mashed Potatoes and Gravy Brussel Sprouts Fig Newton Cookie Milk	30 Pulled Pork Fiesta Vegetables Fresh Strawberries Whole Grain Bun Milk 	31 Creamy Chicken Enchilada Casserole Wild Rice Green Beans Orange Sections Milk	Senior Nutrition strives to use whole grain bread products 	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	El Dorado Hills (916) 358-3561	Diamond Springs (530) 622-8131
Pollock Pines (530) 644-4008	Pioneer Park (530) 620-5432	South Lake Tahoe (530) 573-3130
Placerville (530) 621-6160	Cameron Park CSD (530) 677-2231 (Mondays & Fridays only)	

El Dorado County Senior Nutrition
(530) 621-6160

Fire season and the possibility of PG&E Public Safety Power Shutoffs may cause an interruption in El Dorado County programs and services. If a nutrition site is closed when you arrive for lunch, or your home delivered meal does not arrive as expected, it may be due to a power outage/building closure. To verify closures you may call the Facility Closure Hotline at (530) 573-3050 or (916) 358-3555 ext. 3050.