


June 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
<p style="text-align: right;">3</p> <p>Shepherd's Pie Orange Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">4</p> <p>Chicken Salad Sandwich on a Whole Wheat Bun Coleslaw Apricots Milk</p>	<p style="text-align: right;">5</p> <p>Lentil Stew Cornbread with Butter and Honey Juicy Watermelon Milk</p>	<p style="text-align: right;">6</p> <p>Savory Meatloaf Mashed Potatoes with Gravy Broccoli Florets Fig Newton Cookies Milk</p>	<p style="text-align: right;"><i>7</i></p> <p><i>Birthday Friday</i> Pulled Pork Roasted Sweet Potatoes Oriental Vegetables Fresh Strawberries & Whipped Cream Hawaiian Roll Milk</p>
<p style="text-align: right;">10</p> <p>Chicken Dijon Tri Colored Buttered Pasta Italian Blend Vegetables Plump Nectarine Milk</p>	<p style="text-align: right;">11</p> <p>Baked Cod with Lemon Pesto Wild Rice Summer Squash Juicy Orange Milk</p>	<p style="text-align: right;">12</p> <p>Pork Chop with Country Gravy Cornbread Stuffing Cinnamon Carrots Warm Apple Compote Milk</p>	<p style="text-align: right;">13</p> <p>Spinach Wrap with Roasted Turkey, Pepper Jack Cheese and Leafy Greens Potato Chips Apricots Chocolate Milk</p>	<p style="text-align: right;">14</p> <p>Salisbury Steak Roasted Red Potatoes Cauliflower Florets Juicy Grapes Milk</p>
<p style="text-align: right;">17</p> <p>Sloppy Joe on a Whole Grain Bun Mixed Vegetables Tator Tots Orange Milk</p>	<p style="text-align: right;">18</p> <p>Sweet and Sour Pork Wild Rice Oriental Vegetables Pineapple Tidbits Milk</p>	<p style="text-align: right;">19</p> <p>Tuna Salad on a Bed of Greens Minestrone Soup Mandarin Oranges Whole Wheat Dinner Roll Milk</p>	<p style="text-align: right;">20</p> <p>Chicken Cacciatore with Red and Green Bell Peppers Whole Grain Penne Pasta Fresh Juicy Peach Milk</p>	<p style="text-align: right;">21</p> <p>Macaroni and Cheese California Blend Vegetables Fresh Strawberries Milk</p>
<p style="text-align: right;">24</p> <p>Cheese Tortellini with Mushroom Sauce Mixed Vegetables Orange Sections Garlic Breadstick Milk</p>	<p style="text-align: right;">25</p> <p>Marinara Meatballs Fluffy White Rice Pilaf California Blend Vegetables Fresh Juicy Plum Milk</p>	<p style="text-align: right;">26</p> <p>BBQ Chicken Steamed Broccoli Florets Apricots Oatmeal Cookie Milk</p>	<p style="text-align: right;">27</p> <p>Turkey Tetrizzini Wild Rice Oriental Vegetables Fresh Strawberries Milk</p>	<p style="text-align: right;">28</p> <p>Ham and Swiss Cheese Sandwich with Mayo and Mustard on Rye Bread Mixed Melon Medley Vanilla Wafers Milk</p>
	<p>Senior Nutrition strives to use whole grain bread products</p> 		<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 	

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

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

Enjoy our monthly article on the reverse side