



March 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 		The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 		Birthday Friday 1 Breaded Pollock with Tartar Sauce Wild Rice Pilaf Broccoli Fruit Pie Milk
4 Chicken Tamale Pie Fresh Steamed Green Beans Juicy Fresh Pear Creamy Pudding Milk	5 Western Beef, Bacon and Bean Casserole Spinach Salad with Strawberry Vinaigrette Kiwi Fruit Fig Newton Cookie Milk	6 Tuna Salad Sandwich on Whole Grain Bread Minestrone Soup Fresh Mandarin Orange Milk 	7 Baked Ziti with Four Cheese Steamed Broccoli Garlic Bread Apricots Milk	8 Lemon Herb Chicken Buttered Tri Colored Pasta Italian Blend Vegetables Crisp Apple Whole Wheat Dinner Roll Milk
11 Sloppy Joe on Whole Grain Bun Tator Tots Steamed Carrots Fresh Mandarin Orange Milk	12 Open Faced Turkey Sandwich with Gravy Roasted Yams Green Beans with Bacon Juicy Red Pear Milk	13 Crab Cake with Tartar Sauce Red Potatoes with Chives California Blend Vegetables Peaches Whole Wheat Roll Milk	14 Chicken Salad on Whole Wheat Bun with Lettuce and Tomato Creamy Coleslaw Juicy Pineapple Milk	15 Savory Corned Beef with Cabbage, Potatoes and Carrots Cinnamon Applesauce Rye Bread with Butter Milk 
18 Pork Chop with Country Gravy Pesto Pasta Italian Blend Vegetables Orange Sections Milk	19 Swiss Steak with Mushroom Gravy Mashed Potatoes Steamed Broccoli Half Banana Whole Wheat Bread Milk	20 Spaghetti and Meatballs Crisp Garden Salad with Carrots and Italian Dressing Whole Mandarin Orange Garlic Bread Milk	21 Chili Dog with Diced Onions & Tomato on Whole Wheat Bun Macaroni Salad Fresh Orange Milk 	22 BBQ Chicken Potato Salad Broccoli Fresh Grapes Chocolate Milk
25 Sliced Tender Ham Butternut Squash Green Beans Fresh Kiwi Potato Roll Milk 	26 Turkey Sandwich on Rye with Pepper Jack Cheese, Lettuce, Mustard and Mayo Carrot Tomato Soup Mandarin Orange Chewy Oatmeal Raisin Cookie Milk	27 Savory Meatloaf Mashed Red Potatoes with Gravy Green Beans Pineapple Chunks Whole Wheat Bread Milk	28 Sweet and Sour Meatballs Wild Rice Oriental Vegetables Fresh Juicy Pear Milk	29 Pork and Black Bean Enchilada Bake Spanish Rice Fiesta Blend Vegetables Kiwi Fruit Milk

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

Visit our website: <https://www.edcgov.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)

In the event of low snow or power outage, call after 7 am:

El Dorado County Facility Closure Hotline: (530) 573-3050 or (916) 358-3555 ext. 3050

El Dorado County Senior Nutrition
(530) 621-6160

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