









May 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  | 1 Pot Roast with Potatoes, Celery and Carrots Whole Wheat Dinner Roll Kiwi Fruit Milk | 2 Lemon Herb Chicken Wild Rice Coleslaw Whole Orange Milk | <i>3</i> BirthDay Friday Breaded Pollock Seasoned Sweet Potatoes California Blend Vegetables Fruit Pie Milk |
| 6 Chicken Taco Salad Salsa Tortilla Chips Mandarin Oranges Milk | 7 Tuna Salad on a Bed of Lettuce Navy Bean Soup Pineapple Chunks Whole Wheat Dinner Roll Milk  | 8 Swiss Steak with Gravy Roasted Garlic Potatoes Honey Cinnamon Carrots Fig Newton Cookie Milk | 9 Spinach Ravioli with Mushroom Sauce Apricots Garlic Bread Milk | 10 Turkey Tetrazzini Wild Rice Italian Blend Vegetables Fresh Juicy Orange Chocolate Milk |
| 13 Beef Burgundy Noodles California Blend Vegetables Oatmeal Raisin Cookie Milk | 14 Salmon with Aioli Sauce Roasted Red Potatoes Fresh Steamed Green Beans Strawberries Whole Grain Roll Milk | 15 Ham and Cheese on Rye with Dijon Mustard Split Pea Soup Mixed Fresh Fruit Milk  | 16 Polynesian Meatballs Wild Rice Pilaf Cheesy Cauliflower Fresh Juicy Grapes Chocolate Milk | 17 Tortellini with Pesto Sauce Tossed Green Salad with Carrots, Tomato and Vinaigrette Warm Apple Compote Garlic Breadstick Milk |
| 20 Pork Chop with Country Gravy Brown Rice Oriental Vegetables Mandarin Oranges Vanilla Wafers Milk | 21 BBQ Cheeseburger with Lettuce, Tomato and Onion on a Whole Grain Bun Tator Tots Fresh Juicy Plum Milk | 22 Chicken Parmesan Whole Grain Pasta Greek Salad with Feta, Cucumbers, Romaine and Creamy Italian Dressing Fresh Seasonal Fruit Milk  | 23 Baked Potato with Vegetarian Chili Sour Cream and Chives Broccoli Florets Apricots Chocolate Milk | 24 Older Americans Day Chicken Cordon Bleu Mashed Potatoes with Gravy Maui Salad Celebration Cake Milk  |
| 27 <div style="border: 1px solid black; padding: 5px; text-align: center;"> Memorial Day Holiday </div> | 28 Crab Cake with Tartar Sauce Fluffy Brown Confetti Rice Peas and Carrots Orange Sections Milk | 29 Ranch Chicken Salad with Pasta Vegetable Soup Mixed Fresh Fruit Whole Wheat Roll Milk | 30 Spaghetti and Meatballs Italian Blend Vegetables Breadstick Fresh Apricot Milk | 31 Chicken Marbella Red Mashed Potatoes Broccoli Florets Fresh Crisp Apple Milk |

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
 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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