



# November Menu 2018



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 	<b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b> 		1 Turkey Tetrazzini Buttered Whole Grain Noodles Steamed Broccoli Juicy Pear Milk	<b>2</b> <i>Birthday Friday</i> Beef Stew with Sweet Potatoes and Seasonal Squash Cornbread Ice Cream Milk
5 Vegetarian Lasagna Tossed Green Salad Whole Wheat Dinner Roll Apricots Milk	6 Beer Battered Tilapia with Tartar Sauce Mashed Potatoes with Gravy Colorful Coleslaw Fresh Crisp Apple Milk	7 Lemon Herb Chicken Wild Rice Glazed Carrots with Parsley and Butter Grapes Milk	8 Pork Chop with Country Gravy Spiced Sweet Potatoes California Blend Vegetables Juicy Pineapple Hawaiian Roll Milk	9 Sloppy Joes on a Whole Grain Bun Tater Tots Mixed Vegetables Mandarin Oranges Milk
12 	13 Chicken Sandwich with Pepper Jack Cheese on a Whole Grain Bun Tomato Basil Soup Fresh Crisp Apple Milk	14 Cheese Tortellini with Mushroom Sauce Spinach Salad and Cherry Tomatoes Garlic Bread Fresh Pear Milk	15 Sliced Roast Beef Mashed Potatoes and Gravy Corn, Carrots and Red Peppers Half a Banana Whole Wheat Dinner Roll Milk	16 Crab Cake with Tartar Sauce Wild Rice Steamed Broccoli and Carrots Fig Newton Cookies 
19 Ham and Swiss Cheese Sandwich with Honey Mustard on Rye Bread Vegetable Soup Orange Sections Milk	20 Lentil Stew Tossed Baby Greens with Blue Cheese and Toasted Walnuts Pineapple Whole Wheat Roll Milk	21 Fresh Carved Turkey Cornbread Stuffing with Savory Gravy Green Beans with Slivered Almonds Whole Cranberry Sauce Pumpkin Pie Milk	22 	
26 Baked Salmon with Aioli Sauce Wild Rice Steamed Spinach Fresh Red Grapes Milk	27 Spaghetti with Meat Sauce Fresh Garden Salad with Italian Dressing Garlic Breadstick Apricots Milk 	28 Vegetarian Chili Oyster Crackers Maui Salad with Citrus Vinaigrette Chocolate Milk	29 Pulled Pork Sandwich on a Whole Grain Bun Broccoli Slaw Warm Apple Compote Milk	30 Savory Meatloaf with Gravy New Potatoes Honey Cinnamon Carrots Whole Wheat Bread Orange Sections 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  
 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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