










October 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
1 Beer Battered Tilapia with Tartar Sauce Green Beans with Slivered Almonds Orange Sections Milk	2 Meatloaf with Mashed Potatoes and Gravy Steamed Broccoli Florets Grapes Whole Wheat Dinner Roll Chocolate Milk	3 Chicken Marsala Wild Rice Spinach Salad with Red Bell Pepper, Feta and Toasted Walnuts Apricots Milk	4 Baked Ziti Italian Vegetables Whole Wheat Bread Mandarin Oranges Milk	5 <i>Birthday Friday</i> Polish Sausage Red Cabbage with Apples Potatoes and Carrots Gingerbread Cake with Whipped Cream Frosting Milk 
8 Salisbury Steak Mashed Potatoes and Gravy Broccoli Florets Whole Wheat Dinner Roll Peaches Milk	9 Ham and Swiss Sandwich on Rye Butternut Squash Soup Orange Sections Milk 	10 Beef Noodle Stroganoff Cauliflower and Carrots Whole Wheat Bread Fresh Pear Milk	11 Oven Baked Chicken Brown Rice Creamy Coleslaw Juicy Grapes Milk	12 Clam Chowder California Blend Vegetables Garlic Bread Stick Apricots Chocolate Milk 
15 Shepherd's Pie with Zucchini and Sweet Potatoes Fresh Pear Whole Wheat Dinner Roll Milk	16 Hearty Lentil Stew Carrot Raisin Salad Potato Roll Milk	17 Sloppy Joes on a Whole Wheat Bun Buttered Corn Juicy Grapes Milk	18 Cheese Enchiladas Black Beans California Blend Vegetables Apricots Milk	19 Chicken Taco Salad Tortilla Chips Pico D' Gallo Pineapple Pumpkin Bread Milk
22 Pulled Pork Sandwich on Whole Grain Hawaiian Roll Zucchini and Yellow Squash Apple Compote Milk	23 Navy Bean Soup Spinach Salad Mix with Vinaigrette Orange Sections Whole Wheat Dinner Roll Chocolate Milk	24 Spaghetti with Meat Sauce Caesar Salad with Parmesan Shavings and Croutons French Bread Apricots Milk 	25 Crab Cake with Tartar Sauce Roasted Sweet Potatoes Broccoli Florets Juicy Grapes Milk	26 BBQ Chicken Baked Beans Parmesan Brussel Sprouts Fresh Juicy Pear Whole Wheat Bread Milk
29 Chicken Piccata Mashed Potatoes Steamed Green Beans Banana Whole Grain Dinner Roll Milk	30 Grilled Salmon with Aioli Sauce Brown Rice Fresh Steamed Broccoli Fig Newton Cookies Milk	31 Mustard Glazed Baked Ham Red Potatoes Peas and Carrots Applesauce Marbled Rye Bread 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...

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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

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