







# October 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
<b>Senior Nutrition strives to use whole grain bread products</b> 	<b>1</b> Meatloaf with Mashed Potatoes and Gravy Steamed Broccoli Florets Grapes Whole Wheat Dinner Roll Chocolate Milk	<b>2</b> Chicken Marsala Wild Rice Spinach Salad with Red Bell Pepper, Feta and Toasted Walnuts Apricots Milk	<b>3</b> Baked Ziti Italian Blend Vegetables Whole Wheat Bread Mandarin Oranges Milk	<b>4</b> <i>Birthday Friday</i> Chicken Taco Salad Tortilla Chips Pico de Gallo Pineapple Pumpkin Bread Milk
<b>7</b> Salisbury Steak Mashed Potatoes and Gravy Broccoli Florets Whole Wheat Dinner Roll Peaches Milk	<b>8</b> Ham and Swiss Sandwich on Marbled Rye Butternut Squash Soup Fresh Crisp Apple Milk 	<b>9</b> Beef Noodle Stroganoff Cauliflower and Carrots Whole Wheat Dinner Roll Fresh Pear Milk	<b>10</b> Oven Baked Chicken Brown Rice California Blend Vegetables Juicy Grapes Milk	<b>11</b> Clam Chowder Oriental Vegetables Garlic Bread Stick Apricots Chocolate Milk 
<b>14</b> Shepherd's Pie with Zucchini and Sweet Potatoes Fresh Pear Whole Wheat Dinner Roll Milk	<b>15</b> Hearty Lentil Stew Creamy Colorful Coleslaw Oyster Crackers Pineapple Chunks Milk	<b>16</b> Roasted Turkey with Gravy Sweet Potatoes Brussel Sprouts Juicy Grapes Vanilla Wafers Milk	<b>17</b> Bean and Cheese Enchilada Casserole California Blend Vegetables Apricots Milk	<b>18</b> Polish Sausage Steamed Carrots, Cabbage and Potatoes Apple Compote Whole Wheat Dinner Roll Milk 
<b>21</b> Pulled Pork Sandwich on Whole Grain Hawaiian Roll Zucchini and Yellow Squash Juicy Pineapple Tidbits Milk	<b>22</b> Navy Bean Soup with Ham Spinach Salad Mix with Vinaigrette Mandarin Oranges Whole Wheat Dinner Roll Chocolate Milk	<b>23</b> Tortellini with Creamy Pesto Steamed Carrots Garlic Breadstick Petite Banana Milk	<b>24</b> Crab Cake with Tartar Sauce Wild Rice Pilaf Broccoli Florets Apricots Milk	<b>25</b> BBQ Chicken with Baked Beans Roasted Brussel Sprouts Fresh Pear Whole Wheat Bread Milk
<b>28</b> Chicken Piccata Linguini Noodles Steamed Green Beans Orange Sections Whole Grain Dinner Roll Milk	<b>29</b> Vegetarian Spinach Wrap with Hummus, Lettuce/Coleslaw/ Carrot Mix and Cheese Black Bean Soup Pineapple Milk	<b>30</b> Grilled Salmon with Aioli Sauce Brown Rice Fresh Steamed Broccoli Fig Newton Cookies Milk	<b>31</b> Mustard Glazed Baked Ham Red Potatoes Peas and Carrots Festive Orange Gelatin Salad Whole Wheat Dinner Roll Milk 	<b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b> 

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    Placerville (530) 621-6160  
 Pollock Pines (530) 644-4008    Pioneer Park (530) 620-5432    South Lake Tahoe (530) 573-3130  
 Cameron Park CSD (530) 677-2231 (Mondays & Fridays only)

**El Dorado County Senior Nutrition**  
**(530) 621-6160**

If a nutrition site is closed when you arrive for lunch, or your home delivered meal does not arrive as expected, it may be due to a power outage or building closure. To verify closures you may call the Facility Closure Hotline at (530) 573-3050 or (916) 358-3555 ext. 3050.

*First time visitors to our sites will receive two free lunch tickets by mail when they submit a completed ID card application!  
 Applications are available at the sign-in desk.*