






October Menu 2020



Serving adults 60 years and older

Lunch is a 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 Meat Lasagna Italian Blend Vegetables Whole Wheat Bread Mandarin Oranges Milk	2 <i>Birthday Friday</i> Crusted Baked Cod Garlic Mashed Potatoes Roasted Brussel Sprouts Pumpkin Apple Bread Milk
5 Salisbury Steak Red Potatoes Cauliflower and Carrots Fresh Pear Belvita Cookies Milk	6 Ham and Swiss Sandwich with Sliced Apple on Marbled Rye Coleslaw Baked Chewy Cookie Milk 	7 Turkey Marsala Penne Pasta Spinach Salad with Red Bell Pepper, Feta and Toasted Walnuts Juicy Orange Milk	8 Grilled Salmon Couscous Pilaf Broccoli Florets Berry Crisp Milk	9 Orange Chicken Wild Rice Oriental Vegetables Apricots Fortune Cookie Chocolate Milk
12 Shepherd's Pie with Zucchini and Sweet Potatoes Fresh Pear Whole Wheat Dinner Roll Milk	13 Shrimp Scampi with Fettuccini Roasted Asparagus Pineapple Chunks Milk	14 Roasted Turkey with Gravy Sweet Potatoes Brussel Sprouts Juicy Grapes Vanilla Wafers Milk	15 Chicken Enchilada Casserole Refried Beans Steamed Carrots Apricots Milk	16 Polish Sausage Steamed Cabbage Wedge Red Potatoes Whole Wheat Dinner Roll Apple Compote 
19 Marinara Meatball Sandwich on a Hoagie Roll Greek Salad Mandarin Oranges Chocolate Milk 	20 Pulled Pork Roasted Winter Squash Whole Grain Hawaiian Roll Juicy Pineapple Tidbits Milk	21 Tortellini with Creamy Pesto Steamed Carrots Whole Grain Garlic Breadstick Petite Banana Milk	22 Crab Cake with Tartar Sauce Wild Rice Pilaf Broccoli Florets Apricots Milk	23 BBQ Chicken Baked Beans Roasted Brussel Sprouts Fresh Pear Whole Wheat Bread Milk
26 Chicken Piccata Linguini Noodles Steamed Green Beans Orange Sections Whole Grain Dinner Roll Milk	27 Vegetarian Spinach Wrap with Hummus, Lettuce/Coleslaw/Carrot Mix and Cheese Potato Chips Pineapple Milk	28 Grilled Salmon with Aioli Sauce Couscous Pilaf Roasted Cauliflower Fig Newton Cookies Milk	29 Meatloaf with Mashed Potatoes and Gravy Steamed Broccoli Florets Juicy Grapes Whole Wheat Dinner Roll Chocolate Milk	30 Mustard Glazed Baked Ham Wild Rice and Mushroom Pilaf Seasoned Steamed Spinach Spooky Gelatin Salad Ghostly White Milk

Congregate meal sites are currently closed until further notice. Home delivered meals will continue as scheduled.

Curbside pick-up is available by calling (530) 621-6160, or for South Lake Tahoe (530)-573-3130, the day before you wish to pick-up a meal. Pick-up is available between 11 AM and 12:15 PM at any one of the following locations:

Cameron Park CSD Greenwood Pioneer Park Placerville Pollock Pines South Lake Tahoe

If your home delivered or curbside 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.

Visit our website: <https://www.edcgov.us/SeniorService.aspx>

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