








# September 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>Labor Day Holiday</b> 2 Chicken Marabella Fluffy Wild Rice Italian Vegetables Fresh Whole Orange Milk	3 Tortellini with Mushroom Sauce Spinach Salad with Strawberries, Feta and Vinaigrette Dressing Warm Breadstick Milk	4 Chili Dog on Whole Grain Bun with Diced Onion, Shredded Cheese and Tomato Broccoli Slaw Fresh Peach Milk 	<b>BirthDay Friday</b> 6 Turkey Tetrazzini Buttered Parmesan Whole Grain Penne Oriental Vegetables Fresh Berry Crisp Milk	
9 Swedish Meatballs Brown Rice Green Beans Orange Whole Grain Bread Milk	10 Macaroni and Cheese with Ham Spinach Salad Mix with Vinaigrette Dressing Fresh Juicy Pear Milk	11 Vegetarian Enchilada Bake Fiesta Corn Blend Fresh Strawberries Chocolate Milk	12 Roast Beef with Mashed Potatoes and Gravy California Blend Vegetables Fresh Plum Marbled Rye Bread Milk	13 Chicken Salad on a Bed of Greens Whole Wheat Bun Juicy Pineapple Chocolate Chip Cookie Milk
16 Chicken Tamale Pie Black Beans Fresh Steamed Broccoli Apricots Milk	17 Spaghetti with Meatballs Italian Blend Vegetables Breadstick Fresh Juicy Grapes Milk 	18 Split Pea Soup Field Greens with Pumpkin Seeds, Blue Cheese & Orange Vinaigrette Fresh Fruit Blend Whole Wheat Roll Milk	19 Turkey Sandwich with Swiss Cheese, Lettuce and Tomato on Whole Grain Bread Potato Chips Mandarin Oranges Milk	20 BBQ Pork Ribs Mixed Vegetables Tuscan Beans Fig Newton Cookies Milk
23 Chicken Taco Salad with Corn Tortilla Chips, Cheese, Pico De Gallo and Sour Cream Fresh Nectarine Milk	24 Western Beef, Bacon and Bean Casserole Fresh Steamed Green Beans Strawberry Shortcake Milk 	25 Fresh Baked Salmon with Aioli Sauce Wild Rice Summer Squash Fresh Banana Milk	26 Chicken Cordon Bleu with Country Gravy Oven Baked Yams Broccoli Florets Fresh Crisp Apple Milk	27 Ravioli with Chunky Marinara Sauce Cinnamon Carrots Whole Wheat Dinner Roll Pineapple Chunks Milk
30 Sloppy Joe on a Whole Wheat Bun Tator Tots Mixed Vegetables Fresh Juicy Peach Milk		<b>Senior Nutrition            strives to use            whole grain bread            products</b> 		<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.*