









March Menu 2020

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
<p style="text-align: right;">2</p> Open Faced Turkey Sandwich with Gravy Roasted Yams Green Beans with Bacon Orange Milk	<p style="text-align: right;">3</p> Pork Pot Pie Spinach Salad with Strawberry Vinaigrette Fresh Pear Milk	<p style="text-align: right;">4</p> Spaghetti and Meatballs Caesar Salad Buttered Breadstick Juicy Apricots Milk 	<p style="text-align: right;">5</p> Baked Salmon with Aioli Sauce Garlic Mashed Potatoes Brussel Sprouts Petite Banana Vanilla Wafers Milk	<p style="text-align: right;"><i>Birthday Friday</i> 6</p> Chicken Breast with Cucumber Dill Sauce and Wild Rice Greek Salad with Vinaigrette Kiwi Fruit Baklava Milk
<p style="text-align: right;">9</p> French Dip Sandwich Roasted Red Pepper Soup with Gouda Oatmeal Raisin Cookie Milk 	<p style="text-align: right;">10</p> Roasted Turkey Mashed Sweet Potatoes Roasted Cauliflower Cranberry and Orange Sauce Whole Wheat Dinner Roll Milk	<p style="text-align: right;">11</p> Fresh Salmon with Aioli Sauce Wild Rice California Blend Vegetables Apple Dumpling Milk	<p style="text-align: right;">12</p> Chicken Meatball Sandwich with Mozzarella and Marinara Whole Wheat Bun Coleslaw with Pineapple Milk 	<p style="text-align: right;">13</p> Savory Meatloaf Creamy Mashed Potatoes with Gravy Steamed Spinach Potato Roll Apricots Milk
<p style="text-align: right;">16</p> Baked Salmon with Lemon Dill Sauce Parmesan Orzo Pasta Broccoli Fresh Grapes Chocolate Milk	<p style="text-align: right;">17</p> Savory Corned Beef Cabbage, Potato and Carrots Rye Bread and Butter Green Fruited Gelatin Milk 	<p style="text-align: right;">18</p> Orange Chicken Wild Rice Oriental Vegetables Mandarin Oranges Fortune Cookie Milk	<p style="text-align: right;">19</p> Spaghetti with Meat Sauce Garden Salad with Carrots and Orange Vinaigrette Whole Mandarin Orange Garlic Breadstick Milk	<p style="text-align: right;">20</p> Pork and Black Bean Enchilada Bake Italian Blend Vegetables Oatmeal Date Bar Milk
<p style="text-align: right;">23</p> Mild Chicken Curry with Creamy Coconut Sauce Vegetable Wild Rice Pilaf Broccoli Florets Tapioca Pudding Milk	<p style="text-align: right;">24</p> Turkey Sandwich on Rye with Pepper Jack Cheese, Lettuce, Mustard and Mayo Carrot Tomato Soup Mandarin Orange Milk 	<p style="text-align: right;">25</p> Savory Meatloaf Mashed Red Potatoes with Gravy Green Beans Pineapple Chunks Whole Wheat Bread Milk	<p style="text-align: right;">26</p> Baked Salmon with Aioli Sauce Roasted Sweet Potatoes Cheesy Cauliflower Apple Crisp Milk	<p style="text-align: right;">27</p> Sliced Tender Ham Butternut Squash California Blend Vegetables Fresh Kiwi Potato Roll Milk 
<p style="text-align: right;">30</p> Sloppy Joe on a Whole Grain Bun Tator Tots Steamed Carrots Fresh Mandarin Orange Milk	<p style="text-align: right;">31</p> Juicy Rosemary Infused Pork Roasted Potato Blend Italian Blend Vegetables Peach Pie Milk	<p style="text-align: center;"> Senior Nutrition strives to use whole grain bread products </p>	<p style="text-align: center;">  The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium  </p>	

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) 614-3200	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, Wednesdays & Fridays only)		Diamond Springs (530) 621-6160

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.*