






September 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 	1 Fresh Baked Salmon with Aioli Sauce Wild Rice Summer Squash Fresh Strawberries Milk	2 Tortellini with Mushroom Sauce Spinach Salad with Dried Cranberries, Feta and Vinaigrette Dressing Warm Garlic Breadstick Milk	3 Juicy Steak Fajita Mix with Onions and Bell Peppers Corn Tortillas Refried Beans Petite Banana Milk	4 <i>Birthday Friday</i> Roasted Turkey Mashed Potatoes with Gravy Oriental Vegetables Sweet Cherry Cake Milk
7 Labor Day Holiday	8 Roasted Garlic and Rosemary Pork Baked Red Potatoes Glazed Carrots Apple Spice Cake Milk	9 Tri Tip Sandwich on a Whole Wheat Hoagie Roll Roasted Brussel Sprouts Asian Pear Milk	10 Moist Flaked Fish Garlic Mashed Potatoes California Blend Vegetables Whole Grain Hawaiian Roll Fresh Plum Milk	11 Chicken Teriyaki Bowl Oriental Vegetable Mix Fluffy Wild Rice Juicy Pineapple Fortune Cookie Chocolate Milk
14 Chicken Enchilada Casserole Black Beans Fresh Broccoli Florets Apricots Milk	15 Crab Cake with Tartar Sauce Roasted Cauliflower Cornbread with Honey Butter Juicy Grapes Milk	16 Spinach Wrap with Turkey, Field Greens, Blue Cheese Spread and Raspberry Vinaigrette Dipping Sauce Potato Chips Melon Medley Blend Milk	17 Spaghetti with Meatballs Italian Blend Vegetables Whole Wheat Breadstick Juicy Sweet Orange Milk	18 Roasted BBQ Pork Mixed Vegetables Fresh Strawberries Mini Cinnamon Roll Milk
21 Western Beef, Bacon and Bean Casserole Fresh Steamed Green Beans Mandarin Oranges Vanilla Wafer Cookies Milk	22 Chicken Taco Salad Corn Tortilla Chips with Cheese Pico De Gallo and Sour Cream Peaches Milk	23 Baked Salmon with Tartar Sauce Fluffy Wild Rice Pilaf Italian Vegetables Fresh Whole Orange Milk	24 Sliced Glazed Ham Oven Baked Yams Broccoli Florets Apple Dumpling Milk 	25 Ravioli with Chunky Marinara Sauce Cinnamon Carrots Whole Wheat Dinner Roll Pineapple Chunks Milk
28 Turkey Sloppy Joe on a Whole Grain Bun Sweet Potato Tots Mixed Vegetables Apricots Milk	29 Mahi-Mahi with Pineapple Salsa Fresh Summer Squash Fluffy Couscous Raspberry Shortbread Cookie Milk	30 Chicken Pesto Pasta Roasted Tri Colored Carrots Whole Juicy Orange Oatmeal Date Bar Milk	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 	

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 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
