

JANUARY MENU 2017

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>2</p> <p>HOLIDAY</p> <p>Happy New Year 2017!!!</p>	<p>3</p> <p>Fish Tacos Colorful Coleslaw Fresh Salsa Crisp Apple Milk</p>	<p>4</p> <p>Pulled Pork Sandwiches on Whole Grain Bun Tater Tots Broccoli Slaw Pineapple Milk</p>	<p>5</p> <p>Spaghetti with Meat Sauce Spinach Salad with Feta & Walnuts and Orange Vinaigrette Apricots Breadstick Milk</p>	<p>6</p> <p>Birthday Friday</p> <p>Chicken Tamale Pie Green Beans Peach Crisp Milk</p>
<p>9</p> <p>Sweet & Sour Pork Whole Grain Rice Oriental Vegetables Mandarin Oranges Fortune Cookie Milk</p>	<p>10</p> <p>Salmon with Cucumber Dill Sauce Wild Rice Zucchini Orange Sections Whole Wheat Bread Milk</p>	<p>11</p> <p>Cheese Ravioli with Pesto Sauce Tossed Green Salad Pineapple Garlic Breadstick Milk</p> 	<p>12</p> <p>Roast Beef Mashed Potatoes with Gravy Buttered Brussels Sprouts Half Banana Whole Wheat Bread Milk</p>	<p>13</p> <p>Chicken Marbella Whole Grain Pasta with Butter Cheesy Cauliflower Kiwi Chocolate Milk</p>
<p>16</p> <p>HOLIDAY</p> <p>Martin Luther King, Jr. Day</p>	<p>17</p> <p>Lentil Stew Caesar Salad Pineapple Sourdough Bread Milk</p>	<p>18</p> <p>Pork & Black Bean Enchilada Bake Spanish Rice California Blend Vegetables Orange Sections Milk</p> 	<p>19</p> <p>Chicken Marsala Wild Rice Glazed Carrots with Parsley and Butter Fresh Pear Milk</p>	<p>20</p> <p>Seafood Salad with Beets on a bed of Greens Potato Chips Cinnamon Applesauce Chocolate Milk</p>
<p>23</p> <p>Crab Cake with Tartar Sauce Brown Rice Steamed Broccoli Apple Crisp Milk</p>	<p>24</p> <p>Beef Stew with Sweet Potatoes, Carrots, Seasonal Squash Golden Biscuit with Butter & Honey Orange Sections Milk</p>	<p>25</p> <p>Chicken Taco Salad Tortilla Chips Mandarin Oranges Soft Chewy Oatmeal Cookie Milk</p>	<p>26</p> <p>Pork Chop with Country Gravy Cinnamon Sweet Potatoes Green Beans Pineapple Whole Wheat Roll Milk</p>	<p>27</p> <p>Baked Potato topped with Broccoli & Cheese Kiwi Fruit Fig Newton Cookie Milk</p>
<p>30</p> <p>Meatloaf Mashed Potatoes with Gravy Brussels Sprouts with Butter Grapes Whole Wheat Dinner Roll Milk</p>	<p>31</p> <p>Grilled Chicken Sandwich on Whole Grain Bun Vegetable Soup Tater Tots Fruited Gelatin Salad Milk</p>	<p>Senior Nutrition strives to use whole grain bread products</p>	<p>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...

Greenwood (530) 885-9160	El Dorado Hills (916) 358-3561	Diamond Springs (530) 622-8131
Pollock Pines (530) 644-4008	Pioneer Park (530) 620-5432	South Lake Tahoe (530) 573-3130
Placerville (530) 621-6160		

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El Dorado County Senior Nutrition
(530) 621-6160