

June Menu 2021

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 Clam Chowder Oyster Crackers Broccoli Florets Oatmeal Raisin Cookie Milk 	2 Meatball Sandwich with Mozzarella Cheese on a Whole Grain Bun Mixed Vegetables Tater Tots Mandarin Orange Milk	3 French Toast Sticks Maple Syrup Cheesy Veggie and Egg Scramble Mixed Fruit Milk	4 Cream of Mushroom Chicken Wild Rice Coleslaw Fruit Cobbler Milk
7 Breaded Pollock Roasted Sweet Potatoes California Blend Vegetables Applesauce Whole Wheat Roll Milk	8 Pork Chili Verde Fiesta Vegetables Black Beans with Cheese Mango Salsa Milk	9 Swiss Steak with Gravy Mashed Potatoes Honey Cinnamon Carrots Vanilla Wafer Cookies Milk	10 Spinach Ravioli with Mushroom Sauce California Blend Vegetables Apricots Whole Grain Breadstick Milk	11 Turkey Roll Up in a Spinach Wrap Fresh Juicy Orange Fig Newtons Milk
14 Beef Burgundy Noodles California Blend Vegetables Oatmeal Raisin Cookie Milk	15 Salmon with Tartar Sauce Potato Medley Roasted Green Beans Strawberries Whole Grain Roll Milk	16 Ham and Cheese on Rye with Dijon Mustard Colorful Coleslaw Mandarin Orange Milk 	17 Polynesian Meatballs Wild Rice Pilaf Japanese Vegetables Fresh Juicy Grapes Chocolate Milk	18 Tortellini with Pesto Sauce Roasted Carrots Warm Apple Compote Oatmeal Date Bar Milk
21 Pork Chop with Country Gravy Brown Rice Oriental Vegetables Mandarin Oranges Vanilla Wafer Cookies Milk	22 BBQ Cheeseburger with Lettuce, Tomato and Onion on a Whole Grain Bun Tater Tots Fresh Juicy Plum Milk	23 Chicken Parmesan Whole Grain Pasta Mixed Vegetable Blend Fresh Peach Chocolate Milk 	24 Twice Baked Potato with Vegetarian Chili and Cheese Sour Cream and Chives Roasted Broccoli Florets Apricots Milk	25 Chicken Cordon Bleu Mashed Potatoes with Gravy Brussel Sprouts Chocolate Cake Milk 
28 Spaghetti and Meat Sauce Italian Blend Vegetables Whole Grain Breadstick Apricots Milk	29 Crab Cake with Tartar Sauce Confetti Brown Rice Peas and Carrots Orange Sections Milk	30 Carved Turkey Breast with Gravy Mashed Sweet Potatoes Roasted Green Beans Cranberry Sauce Whole Wheat Dinner Roll 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, or for South Lake Tahoe (530) 573-3130. Please call 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://tinyurl.com/EDCSeniorNutrition>

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