



August Menu 2016



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
1 Cheese Tortellini with Mushroom Sauce Tossed Salad with Cherry Tomato Fresh Plum Garlic Bread Milk	2 Chicken Salad Whole Grain Pita Carrot Raisin Salad Strawberries Milk	3 Meatloaf and Gravy New Potatoes with Spring Peas Honey Cinnamon Carrots Sweet Watermelon Whole Wheat Roll Milk	4 Flaky White Fish with Lemon Pesto Brown Rice Summer Squash Fresh Whole Peach Chocolate Milk	5 Turkey Sandwich with Pepper Jack Cheese, Baby Greens, Yellow Mustard on Sliced Sourdough Banana Milk
8 Cashew Chicken Fluffy Wild Rice Oriental Vegetables Mandarin Oranges Vanilla Ice Cream Milk	9 Clam Chowder Crisp Romaine Salad with Tomatoes and Ranch Sliced Sourdough Bread Fresh Sliced Cantaloupe Ice Cold Milk	10 Fettuccini Alfredo Steamed Broccoli Fresh Juicy Apricot Breadstick Ice Cold Milk	11 Cold Roast Beef Sandwich with Cheddar Cheese, Lettuce, Red Onion and Mayo Three Bean Salad Fresh Strawberries Milk	12 Roasted Pork Tenderloin Mashed Potatoes and Gravy Steamed Spinach Whole Wheat Dinner Roll Nectarine Ice Cold Milk
15 Beef Stew with Potatoes, Summer Squash, and Carrots Corn Bread with butter and honey Orange Sections Ice Cold Milk	16 Chicken BLT Salad with Creamy Blue Cheese Dressing with Croutons Black Bean Soup Sliced Cantaloupe Milk	17 Tuscan Beans Wild Rice Fiesta Vegetables Fresh Juicy Peach Milk	18 Ham and Munster Cheese Sandwich with Honey Mustard on Marbled Rye Juicy Pineapple Chunks Milk	19 Crab Cakes with Tartar Sauce Roasted Sweet Potatoes with Olive Oil and Rosemary Fresh Steamed Brussel Sprouts Apricots Ice Cold Chocolate Milk
22 Roasted Turkey Cranberry Chutney Seasoned Potatoes Cheesy Cauliflower Whole Wheat Dinner Roll Fresh Juicy Plum & Milk	23 Fish Tacos Colorful Coleslaw Fresh Tomato Salsa Pineapple Tidbits Ice Cold Milk	24 Cottage Cheese and Sliced Tomato Split Pea Soup Oyster Crackers Fresh Juicy Peach Chocolate Milk	25 Parmesan Chicken Penne Pasta with Marinara Steamed Broccoli Florets Garlic Bread Juicy Grapes Ice Cold Milk	26 Cabbage Roll Fluffy Brown Rice Peas and Carrots Strawberry Shortcake Ice Cold Milk
29 Chicken Sandwich with Melted Swiss and Sliced Pineapple on Whole Grain Bun Diced Beets Tator Tots Fresh Juicy Apricot Milk	30 Baked Salmon with Aioli Sauce Moist Wild Rice Summer Squash Potato Dinner Roll Applesauce Milk	31 Swedish Meatballs with Gravy Buttered Egg Noodles Cinnamon Honey Carrots Whole Wheat Bread Juicy Summer Melon Milk	<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 	
			 <p>Senior Nutrition strives to use whole grain bread products</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	Cameron Park CSD (Mondays & Fridays only)	

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El Dorado County Senior Nutrition
(530) 621-6160