

December 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
Senior Nutrition strives to use whole grain bread products	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 		Pork Chop with Country Gravy Cinnamon Sweet Potatoes Green Beans Clementine Orange Whole Wheat Dinner Roll Milk	Chicken Cordon Bleu Mashed Potatoes with Gravy Maui Salad Gingerbread Cake with Topping Milk
Turkey Divan Steamed Wild Rice Broccoli Apricots Chocolate Milk	Beef Noodle Stroganoff Spinach Salad with Blue Cheese & Orange Vinaigrette Kiwi Fruit Whole Grain Bread Milk	Cottage Cheese with Luau Fruit Split Pea Soup Oyster Crackers Oatmeal Raisin Cookie Milk	Chicken Taco Salad Corn Tortilla Chips Pico De Gallo Fresh Crisp Apple Milk	Baked Salmon with Aioli Sauce Brown Rice Zucchini and Yellow Squash Orange Sections Whole Wheat Bread Milk
Salisbury Steak with Mushroom Sauce Rosemary Sweet Potatoes Cheesy Cauliflower Apricots Whole Wheat Roll Milk	½ Ham and Swiss Sandwich with Honey Mustard on Rye Carrot Tomato Soup Potato Chips Pears Milk	Clam Chowder Oyster Crackers Waldorf Salad Fig Newton Cookie Milk	Tortellini with Chunky Marinara Spinach Salad with Feta and Walnuts Garlic Bread Red Juicy Grapes Milk	Chicken Sandwich with melted Swiss & Pineapple on Whole Grain Bun with Lettuce, Tomato, Onion Tator Tots Clementine Orange Milk
Beer Battered Tilapia with Tartar Sauce Wild Rice Autumn Squash Mix Pineapple Milk	Vegetarian Chili Fresh Garden Salad with Italian Dressing Cornbread with Butter and Honey Peaches Milk	Chicken BLT Salad with Blue Cheese Dressing and Croutons Vegetable Soup Mixed Fruit Whole Wheat Bread Milk	Roast Beef with Gravy Garlic Mashed Potatoes Honey Cinnamon Carrots Cherry Supreme Milk	HOLIDAY 
 HOLIDAY	Baked Ham Yams Green Beans Mandarin Orange Whole Wheat Roll Milk	Cheese Ravioli with Pesto Sauce Garden Salad with Tomatoes French Bread Orange Sections Milk	Turkey Burger on whole grain bun Lettuce, Tomato, Onion Sweet Potato Fries Kiwi Fruit Milk	Meatloaf Mashed Potatoes with Gravy California Blended Vegetables Whole Wheat Bread Chocolate Milk

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 (530) 677-2231 (Mondays & Fridays only)	

Visit our website: www.edcgov.us/humanservices

El Dorado County Senior Nutrition
(530) 621-6160