



October 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
3 Baked Ziti Italian Vegetables Garlic Bread Mandarin Oranges Milk	4 Split Pea Soup with Ham Carrot Currant Salad Oyster Crackers Golden Delicious Apple Milk	5 Chicken Marsala Wild Rice California Blended Vegetables Ambrosia Salad Milk	6 Beer Battered Tilapia with Tarter Sauce Tri Colored Whole Grain Pasta Green Beans with Slivered Almonds Kiwi Fruit Milk	7 Polish Sausage Red Cabbage with Apples Potatoes with Carrots Golden Cornbread Apple Strudel Milk 
10 Salisbury Steak Mashed Potatoes and Gravy Fresh Steamed Broccoli Whole Wheat Bread Peaches Milk	11 Ham and Swiss Sandwich on Rye Butternut Squash Soup Orange Sections Milk 	12 Beef Noodle Stroganoff Spinach Salad with Red Bell Peppers, Feta, and Toasted Walnuts Whole Wheat Bread Fresh Pear Milk	13 Oven Baked Chicken Brown Rice Cauliflower and Carrots Juicy Grapes Milk	14 Seafood Salad Mixed Lettuce Greens and Shredded Broccoli Slaw Whole Grain Bread Apricots Chocolate Milk
17 Shepherd's Pie Fresh Pear Whole Wheat Dinner Roll Milk	18 Chicken Taco Salad Tortilla Chips Mandarin Oranges Pumpkin Bread Milk	19 Grilled Salmon with Aioli Sauce Brown Rice Fresh Broccoli Apricots Bran Bread Milk	20 Glazed Baked Ham Red Potatoes Peas and Carrots Pineapple Hawaiian Roll Milk 	21 Sloppy Joes on a Whole Wheat Bun Butter Corn Baked Apple Milk
24 Pork Chops with Country Gravy Roasted Potato Blend Zucchini and Yellow Squash Whole Wheat Dinner Roll Red Juicy Grapes Milk	25 Vegetarian Asian Salad with Scallions and Peanuts Navy Bean Soup Whole Wheat Roll Mandarin Oranges Milk	26 Spaghetti with Meatballs Caesar Salad with Croutons and Parmesan Cheese French Bread Half Banana Milk 	27 Crab Cake with Cucumber Sauce Roasted Sweet Potatoes Colorful Coleslaw Fresh Pear Milk	28 BBQ Ribs Baked Beans Parmesan Brussel Sprouts Oatmeal Raisin Cookie Milk
31 Cheese Enchilada Black Beans Steamed Broccoli and Cauliflower Apricots Milk			Senior Nutrition strives to use whole grain bread products	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 

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