



September 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 		1 Macaroni and Cheese Garden Salad with Vinaigrette Dressing Fresh Strawberries Milk	2 Pork and Black Bean Enchilada Bake Spanish Rice Fresh Rosemary Brussel Sprouts Diced Juicy Pineapple Milk 
HOLIDAY	6 Chicken Dijon Fluffy Wild Rice Oriental Vegetables Fresh Whole Orange Whole Wheat Dinner Roll Milk	7 Cottage Cheese with Fresh Seasonal Fruit Vegetarian Minestrone Soup Peanut Butter Cookie Milk	8 Chili Dog on Whole Grain Bun with Diced Onions, Shredded Cheese and Tomato Broccoli Slaw Fresh Peach Milk 	9 Turkey Divan Buttered Parmesan Noodles Spinach Salad with Feta Cheese, Cranberries and Toasted Walnuts Whole Grain Bread Milk
12 Sloppy Joe on Whole Grain Bread Peas and Carrots Potato Chips Fresh Strawberries Milk	13 Fiesta Corn Southwest Salad Black Bean Soup Sweet Juicy Pears Milk	14 Smoked Turkey Turnover California Blend Vegetables Fresh Orange Section Tapioca Pudding Milk 	15 Pork Chop with Mashed Potatoes and Country Gravy Cheesy Cauliflower and Carrots Fresh Plum Whole Grain Bread Milk	16 Chicken Salad on Whole Wheat Bun with Lettuce and Tomato Creamy Coleslaw Juicy Pineapple Sugar Cookie Milk
19 Liver and Onions Mashed Potatoes and Gravy Green Beans Orange Sections Whole Grain Bread Milk	20 Chicken Tamale Pie Brown Rice Fresh Steamed Broccoli Apricots Chocolate Milk	21 Lentil Stew Field Greens with Pumpkin Seeds, Blue Cheese and Orange Vinaigrette Sliced Cantaloupe Whole Grain Bread Milk	22 Tuna Salad Sandwich on Whole Grain Bread Mandarin Oranges Fig Newton Cookies Milk 	23 BBQ Beef Ribs Mixed Vegetables Potato Salad Whole Grain Bread Juicy Grapes Milk
26 Chicken Taco Salad Corn Tortilla Chips with Cheese Fresh Nectarine Oatmeal Raisin Cookie Milk	27 Western Beef, Bacon and Bean Casserole Steamed Spinach Strawberry Shortcake Milk 	28 Fresh Baked Salmon with Aioli Sauce Wild Rice Summer Squash Honeydew Melon Milk	29 Tortellini with Pesto Sauce Steamed Carrots Garlic Bread Fresh Crisp Apple Milk	30 Chicken Marbella Buttered Whole Grain Penne Pasta Peas and Carrots Banana Cake with Whip Topping Milk

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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)	

El Dorado County Senior Nutrition
(530) 621-6160