





December Menu 2023



Name _____
 Phone _____
 Location Choice _____

Lunch is a suggested voluntary contribution of \$3.00 Serving adults 60 years and older.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 	<p><i>*To order an alternative, advanced notice by the Wednesday before the week of the change is required.</i></p>	<p>Alternative meal options:</p> <ul style="list-style-type: none"> • Creamy Carrot Soup • Spinach Ravioli with Alfredo Sauce • Clam Chowder • Broccoli Cheddar Soup <p><i>*Alternatives subject to availability</i></p>	<p>Senior Nutrition strives to use whole grain bread products.</p> 	<p>1 Crispy Chicken Sandwich Honey Mustard Swiss/Lettuce/Tomato Sun Chips Box of Raisins Milk</p>
<p>4 Spaghetti and Meat Sauce Roasted Broccoli Apple Crisp Whole Wheat Dinner Roll Pear Cup Milk</p>	<p>5 Pesto Chicken Bruschetta Orzo Pasta Steamed Carrots Pineapple Chunks Milk</p>	<p>6 Meatloaf With Gravy Roasted Potatoes Broccoli Florets Grapes Oatmeal Chocolate Chip Cookie Milk</p>	<p>7 Breaded Baked Cod Roasted Sweet Potatoes Colorful Coleslaw Mandarin Orange Milk</p>	<p>8 Vegetarian Stuffed Bell Pepper Brussel Sprouts Whole Wheat Roll Pear Cup Milk</p>
<p>11 Minestrone Soup Whole Grain Bun Mandarin Oranges Milk</p>	<p>12 Shrimp Scampi Italian Blend Vegetables Garlic Breadstick Grapes Milk</p>	<p>13 Chicken Enchilada Casserole made with Corn Tortillas Wild Rice Roasted Brussel Sprouts Applesauce Milk</p>	<p>14 Pork Pot Pie Green Beans Shortbread Cookies Juicy Pineapple Milk</p>	<p>15 Salisbury Steak with Gravy Mashed Potatoes Cauliflower Whole Wheat Roll Peach Cup Chocolate Milk</p>
<p>18 Baked Salmon with Tartar Sauce Couscous Pilaf Steamed Green Beans Whole Wheat Roll Tropical Fruit Cup Milk</p>	<p>19 Teriyaki Chicken Oriental Vegetables Wild Rice Pineapple Chunks Fortune Cookie Milk</p>	<p>20 Creamy Roasted Red Pepper Soup W/Smoked Gouda Whole Wheat Roll Cheesecake with Cherry Topping Crisp Apple & Milk</p>	<p>21 French Dip Sandwich with Au Jus Wedge Fries Green Beans Mandarin Orange Milk</p>	<p>22 Chicken Pot Pie Dried Cranberries Berry Crisp Kiwi Milk</p>
<p>25 Happy Holidays</p>	<p>26 Happy Holidays</p>	<p>27 Beef Noodle Stroganoff Green Beans Crisp Apple Oatmeal Date Bar Milk</p>	<p>28 Oven Baked Chicken Mashed Potatoes Mixed Garden Vegetables Orange Chocolate Milk</p>	<p>29 Shepherd's Pie with Butternut Squash and Mixed Veggies Cornbread Pear Cup Milk</p>

To cancel a meal or to be placed on hold, please call (530) 621-6160 the day before or NO LATER THAN 8 AM.

To order an alternative, advanced notice by the Wednesday before the week of the change is required.

Home delivered meals should be eaten immediately or refrigerated to avoid spoilage.

Service is subject to interruption due to weather or power outages. Menu is subject to change.

El Dorado County Senior Nutrition
 937 Spring St.
 Placerville, CA 95667
 (530) 621-6160
For South Lake Tahoe
 (530) 573-3130