





October 2023 Menu

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Crab Cake with Tartar Sauce Wild Rice Pilaf Broccoli Florets Apricot Milk</p>	<p>3</p> <p>Cheeseburger on a Whole Wheat Bun Burger Veggies Potato Chips Juicy Orange Milk</p>	<p>4</p> <p>Beef Burgundy Noodles California Blend Vegetables Whole Grain Dinner Roll Fresh Pear Milk</p>	<p>5</p> <p>Cheese Tortellini with Pesto Whole Grain Garlic Breadstick Steamed Carrots Oatmeal Raisin Cookie Fruit Cup Milk</p>	<p>6</p> <p>Turkey Marsala Penne Pasta Warm Spinach Salad with Red Bell Pepper, Feta and Toasted Walnuts Crisp Apple Milk</p>
<p>9</p> <p>Fried Chicken Baked Beans Coleslaw Fresh Pear Whole Wheat Dinner Roll Milk</p>	<p>10</p> <p>Meatloaf with Gravy Mashed Potatoes Roasted Carrots Juicy Grapes Vanilla Wafers Milk</p>	<p>11</p> <p>Turkey Sloppy Joe on a Whole Grain Bun Tater Tots Mixed Vegetables Apple Milk</p>	<p>12</p> <p>Shrimp Scampi with Fettuccini Roasted Asparagus Pineapple Chunks Milk</p>	<p>13</p> <p>Chicken White Bean Chili Cornbread Steamed Carrots Apricot Milk</p>
<p>16</p> <p>Orange Chicken Wild Rice Asian Vegetables Apricot Fortune Cookie Chocolate Milk</p>	<p>17</p> <p>Polish Sausage Steamed Cabbage Red Potatoes Whole Wheat Dinner Roll Apple Compote  Milk</p>	<p>18</p> <p>Baked Salmon with Tartar Sauce Fluffy Wild Rice Pilaf Italian Vegetables Whole Orange Milk</p>	<p>19</p> <p>Tri Tip Sandwich on a Whole Wheat Hoagie Roll Roasted Brussel Sprouts Asian Pear Milk</p>	<p>20</p> <p>Vegetarian Spinach Wrap with Mixed Greens, Carrots, Bell Peppers, and Pepper Jack Cheese Kettle Chips Peach Milk</p>
<p>23</p> <p>Chicken Taco Salad Corn Tortilla Chips with Cheese Pico De Gallo and Sour Cream Grapes Milk</p>	<p>24</p> <p>Pulled Pork Roasted Winter Squash Wedge Fries Whole Grain Hawaiian Roll Pineapple Tidbits Milk</p>	<p>25</p> <p>Baked Cod with Aioli Sauce Couscous Pilaf California Blend Vegetables Apple Milk</p>	<p>26</p> <p>Spaghetti with Meat Sauce Italian Blend Vegetables Whole Grain Garlic Breadstick Peach  Milk</p>	<p>27</p> <p>Turkey Piccata Mashed Potatoes Steamed Green Beans Orange Sections Whole Grain Dinner Roll Milk</p>
<p>30</p> <p>Baked Pork Chop Garlic Mashed Potatoes Roasted Brussel Sprouts Pumpkin Bread Pear Milk</p>	<p>31</p> <p>Witches Brew Beef Stew Corn Bread Spooky Gelatin Salad Mixed Fruit Cup Ghostly White Milk</p>		<p><i>*To order an alternative, advanced notice by the Wednesday before the week of the change is required.</i> The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium </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>

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
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Placerville, CA 95667
(530) 621-6160
For South Lake Tahoe
(530) 573-3130