







# April Menu 2021



Serving adults 60 years and older

Lunch is a suggested donation of \$3.00

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Nutrition strives to use whole grain bread products 	<b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b> 		<b>1</b> Baked Halibut with Lemon Butter Couscous Pilaf Roasted Asparagus Fresh Strawberries Sugar Cookie Milk	<b>2</b> Chicken Cacciatore with Tri Colored Bell Peppers and Onions Penne Pasta Peas and Corn Cinnamon Coffee Cake Milk
<b>5</b> BBQ Chicken Garlic Mashed Red Potatoes California Blend Vegetables Whole Wheat Hawaiian Roll Juicy Pear Milk	<b>6</b> Roasted Turkey Cornbread Stuffing with Gravy Roasted Brussel Sprouts Fresh Cranberry Sauce Warm Peach Compote Milk	<b>7</b> Marinara Meatball Sandwich on a Whole Wheat Bun Steamed Carrots Mandarin Oranges Chocolate Milk	<b>8</b> Clam Chowder Broccoli Florets Garlic Breadstick Apricots Milk 	<b>9</b> Fresh Salmon with Aioli Sauce Fluffy Wild Rice Mixed Vegetables Potato Roll Mandarin Oranges Milk
<b>12</b> Pulled Pork Sandwich on a Whole Grain Bun Roasted Broccoli Florets Petite Banana Milk	<b>13</b> Vegetable Lasagna Tossed Green Salad with Orange Vinaigrette Whole Grain Breadstick Whole Orange Milk	<b>14</b> Shrimp Scampi Honey Cinnamon Carrots Flaked Biscuit Pineapple Chunks Milk	<b>15</b> Orange Chicken Oriental Vegetables Wild Rice Mandarin Oranges Fortune Cookie Milk	<b>16</b> Beef Fajitas Flour Tortillas Refried Beans Fresh Strawberries Milk
<b>19</b> Ground Turkey Shepherd's Pie Mixed Vegetables Cornbread with Honey Butter Orange Sections Milk	<b>20</b> Meatloaf Mashed Potatoes and Gravy Garlicky Green Beans Whole Wheat Roll Mixed Fruit Cup Milk	<b>21</b> Fish and Chips Tater Tots Colorful Fruity Coleslaw Vanilla Wafer Cookies Milk	<b>22</b> Philly Cheese Steak Sandwich on a Whole Grain Bun Fiesta Vegetables Potato Chips Fresh Crisp Apple Milk	<b>23</b> Spaghetti with Sausage Meat Sauce Brussel Sprouts Whole Wheat Hawaiian Roll Juicy Pears Milk
<b>26</b> Tuna Salad Sandwich on a Whole Wheat Bun Greek Salad Mixed Fruit Milk 	<b>27</b> Breaded Chicken Sandwich on a Whole Grain Bun California Blend Vegetables Potato Chips Pineapple Chunks Milk	<b>28</b> White Bean Turkey Chili Cornbread Roasted Zucchini Orange Sections Milk	<b>29</b> Tri Tip Steak with Mushroom Sauce Mashed Potatoes Roasted Brussel Sprouts Fresh Crisp Apple Milk	<b>30</b> Chili Verde Parmesan Orzo Italian Blend Vegetables Oatmeal Raisin Cookie Milk

**Congregate meal sites are currently closed until further notice. Home delivered meals will continue as scheduled.**

**Curbside pick-up is available by calling (530) 621-6160, or for South Lake Tahoe (530) 573-3130. Please call the day before you wish to pick-up a meal. Pick-up is available between 11 AM and 12:15 PM at any one of the following locations:**

Cameron Park CSD Greenwood Pioneer Park Placerville Pollock Pines South Lake Tahoe

If your home delivered or curbside meal does not arrive as expected, it may be due to a power outage or building closure. To verify closures you may call the Facility Closure Hotline at (530) 573-3050 or (916) 358-3555 ext. 3050.

Visit our website: <https://www.edcgov.us/SeniorService.aspx>

<p align="center"> <b>El Dorado County Senior Nutrition</b>  <b>937 Spring St.</b>  <b>Placerville, CA 95667</b>  <b>(530) 621-6160</b> </p>
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