

November 2023 Menu

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>*To order an alternative, advanced notice by the Wednesday before the week of the change is required.</i></p> <p>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>	<p>1</p> <p>Chicken Tacos Stir Fry Vegetables Refried Beans Pear Cup Vanilla Wafer Cookies Milk</p>	<p>2</p> <p>Vegetarian Chili with Cheese and Red Onion Golden Cornbread Roasted Cauliflower Juicy Orange Milk</p>	<p>3</p> <p>Turkey Burger with Melted Cheese on a Whole Wheat Bun Lettuce/Tomato/Onion Veggie Straws Pineapple Cup Milk</p>
<p>6</p> <p>Pork Roast with Gravy Roasted Potato Medley Brussel Sprouts Whole Wheat Dinner Roll Applesauce Milk</p>	<p>7</p> <p>Chicken and Dumpling Soup with Carrots and Peas Broccoli Florets Fresh Plump Grapes Milk</p>	<p>8</p> <p>Clam Chowder Oyster Crackers Mixed Vegetables Oatmeal Date Bar Juicy Orange Chocolate Milk</p>	<p>9</p> <p>Steak Burrito Bowl Black Beans, Wild Rice, Fajita Vegetable Mix and Cheese Baked Tortilla Chips with Guacamole Fresh Plum Oatmeal Raisin Cookie Milk</p>	<p>10</p> 
<p>13</p> <p>Spinach Ravioli w/ Mushroom Sauce California Blend Vegetables Whole Grain Breadstick Juicy Pineapple Milk</p>	<p>14</p> <p>Teriyaki Chicken Wild Rice Stir Fry Vegetables Crisp Apple Fortune Cookie Milk</p>	<p>15</p> <p>Creamy Garlic Shrimp Linguini Noodles Roasted Asparagus Mandarin Oranges Fig Newton Cookies Milk</p>	<p>16</p> <p>Hot Roast Beef Sandwich Horseradish Roasted Carrots Fresh Peach Whole Wheat Hoagie Roll Milk</p>	<p>17</p> <p>Savory Meatloaf with Gravy Roasted Potatoes Cinnamon Honey Carrots Whole Wheat Roll Applesauce Milk</p>
<p>20</p> <p>Seafood Chowder Whole Wheat Roll Banana Muffin Fresh Grapes Milk</p>	<p>21</p> <p>Philly Cheese Steak Sandwich on a Whole Wheat Bun Cauliflower Florets Fresh Orange Milk</p>	<p>22</p> <p>Juicy Turkey with Gravy Cornbread Stuffing Roasted Brussel Sprouts Whole Cranberry Sauce Crustless Pumpkin Pie Milk</p>	<p>23</p> 	<p>24</p>
<p>27</p> <p>Manicotti with Marinara Sauce Roasted Broccoli Garlic Breadstick Fresh Pear Milk</p>	<p>28</p> <p>BBQ Pork Fiesta Vegetables Whole Wheat Hawaiian Roll Applesauce Milk</p>	<p>29</p> <p>Moist Flaked Fish Garlic Mashed Potatoes California Blend Vegetables Whole Orange Oatmeal Date Bar Milk</p>	<p>30</p> <p>Chicken Enchilada Casserole Black Beans Southwestern Vegetables Apricots Milk</p>	<p>Senior Nutrition strives to use whole grain bread products</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