

July Menu 2022

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>1 Hot Dog on a Bun Broccoli Florets Blueberry Crisp Small Box of Raisins Milk</p>
<p>4 Closed for Fourth of July Holiday</p>	<p>5 Salisbury Steak with Mushroom Sauce Whole Grain Penne Pasta Brussels Sprouts Fresh Peach Milk</p>	<p>6 Polynesian Chicken Breast Wild Rice Peas and Carrots Nectarine Milk</p>	<p>7 Roasted Turkey with Gravy Sweet Potato Mash California Blend Vegetables Orange Milk</p>	<p>8 Shrimp Scampi Roasted Oriental Blend Whole Grain Breadstick Applesauce Milk</p> 
<p>11 Shepherd's Pie Steamed Spinach Whole Wheat Roll Apricots Milk</p>	<p>12 Chicken Cacciatore with Red and Green Bell Peppers, Carrots and Onion White Rice Banana Chocolate Milk</p>	<p>13 Ground Turkey Sloppy Joes Whole Grain Bun Roasted Brussels Sprouts Crisp Apple Milk</p>	<p>14 Crab Cake with Tartar Sauce Garlic Mashed Potatoes California Blend Vegetables Fresh Plum Milk</p>	<p>15 Juicy Tri-Tip Wild Rice Pilaf Roasted Summer Vegetables Mandarin Oranges Milk</p>
<p>18 Beef Noodle Stroganoff with Whole Grain Noodles Roasted Broccoli Pears Milk</p>	<p>19 Orange Chicken Fajita Veggies Couscous Nectarine or Peach Chocolate Milk</p>	<p>20 Philly Cheesesteak Sandwich on a Whole Grain Roll Green Beans Orange Milk</p>	<p>21 Fresh Baked Salmon Wild Rice Seasoned Spinach Fruit Cocktail Cup Milk</p>	<p>22 Turkey and Dumplings Steamed Carrots Applesauce Chocolate Milk</p>
<p>25 Creamy Chicken Enchilada Casserole Wild Rice Green Beans Orange Sections Milk</p>	<p>26 Pulled Pork California Blend Vegetables Whole Grain Hawaiian Roll Warm Apple Compote Milk</p> 	<p>27 Meatloaf with Mashed Potatoes and Gravy Roasted Brussels Sprouts Applesauce Milk</p>	<p>28 Baked Ziti Italian Blend Vegetables Whole Grain Roll Mandarin Oranges Milk</p>	<p>29 Baked Cod Couscous Broccoli Florets Mixed Fruit Cup Chocolate Milk</p>

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

For reheating instructions, please see the other side of this menu.

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

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