November Menu 2020

Serving adults 60 years and older **Lunch is a suggested donation of $3.00** **Menu is subject to change**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Spaghetti with Meat Sauce Italian Blend Vegetables Whole Grain Garlic Breadstick Apricots Milk	3 Pork Lettuce Wraps Wild Rice Stir Fry Vegetables Juicy D'Anjou Pear Vanilla Wafer Cookies Milk	4 Baked Cod Greek Orzo Pasta California Blend Vegetables Potato Roll Milk	5 Chicken and White Bean Chili Oyster Crackers Maui Salad with Citrus Vinaigrette Chocolate Milk	6 Turkey Burgers with Melted Cheese, Lettuce, Tomato and Onion on a Whole Wheat Bun Tator Tots Juicy Orange Milk
9 Baked Teriyaki Salmon Mashed Potatoes with Gravy Roasted Brussel Sprouts Crisp Apple Whole Grain Hawaiian Dinner Roll Milk	10 Chicken and Dumplings Roasted Broccoli Florets Fresh Plump Grapes Milk	11 	12 Savory Meatloaf with Gravy New Potatoes Roasted Carrots Whole Wheat Roll Orange Sections Milk	13 Burrito Bowl with Black Beans, Wild Rice, Fajita Vegetable Mix and Cheese Tortilla Chips with Guacamole Churro Style Coffeecake Milk
16 Beef Stew with Sweet Potatoes and Seasonal Squash Flaky Biscuit Butter and Honey Juicy Pineapple Chunks Milk	17 Cheese Tortellini with Mushroom Sauce Spinach Salad and Cherry Tomatoes Whole Wheat Breadstick Sweet Apricots Milk	18 Creamy Garlic Shrimp Linguini Noodles Roasted Asparagus Mandarin Oranges Fig Newton Cookies Milk	19 Hot Roast Beef Sandwich with Horseradish on a Whole Wheat Hoagie Roll Roasted Carrots Poached Cinnamon Pears Milk	20 Teriyaki Chicken Wild Rice Stir Fry Vegetables Petite Banana Fortune Cookie Milk
23 Pepperoni Pizza Fully Loaded Garden Salad with Ranch Dressing Oatmeal Raisin Cookie Milk	24 Philly Cheesesteak Sandwich on a Whole Wheat Bun Kettle Chips Fresh Juicy Orange Milk	25 Juicy Turkey with Gravy Cornbread Stuffing Roasted Brussel Sprouts Whole Cranberry Sauce Spiced Cider Cake Milk	26 	27
30 Pulled Pork Broccoli Florets Whole Wheat Hawaiian Roll Diced Pineapple Milk	Senior Nutrition strives to use whole grain bread products	**The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium**		

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

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