


# September 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
<p>Senior Nutrition strives to use whole grain bread products</p> 		<p>1 Tortellini with Mushroom Sauce Spinach Salad with Dried Cranberries, Feta and Vinaigrette Dressing Warm Garlic Breadstick Milk</p>	<p>2 Steak Fajita Mix with Onions and Bell Peppers Corn Tortillas Refried Beans Petite Banana Milk</p>	<p>3 Roasted Turkey Mashed Potatoes with Gravy Green Beans Sweet Cherry Cake Milk</p>
<p>6 <b>Labor Day</b></p>	<p>7 Garlic Rosemary Roasted Pork Roasted Red Potatoes Broccoli Florets Mini Cinnamon Roll Crisp Apple Milk</p>	<p>8 Tri Tip Sandwich on a Whole Wheat Hoagie Roll Roasted Brussel Sprouts Asian Pear Milk</p>	<p>9 Moist Flaked Fish Garlic Mashed Potatoes California Blend Vegetables Whole Orange Oatmeal Date Bar Milk</p>	<p>10 Chicken Teriyaki Bowl Oriental Vegetable Mix Fluffy Wild Rice Juicy Pineapple Fortune Cookie Chocolate Milk</p>
<p>13 Spaghetti and Meatballs Italian Blend Vegetables Whole Wheat Breadstick Sweet Orange Milk</p>	<p>14 Crab Cake Tartar Sauce Roasted Cauliflower Corn Bread with Honey Butter Juicy Grapes Milk</p>	<p>15 Spinach Wrap with Turkey, Field Greens and Blue Cheese Spread Potato Chips Mandarin Oranges Milk</p>	<p>16 Chicken Enchilada Casserole Black Beans Southwestern Vegetables Apricots Milk</p>	<p>17 BBQ Pork Fiesta Vegetables Applesauce Hawaiian Roll Milk</p>
<p>20 Western Beef, Bacon and Bean Casserole Fresh Steamed Green Beans Mandarin Oranges Vanilla Wafer Cookies Milk</p>	<p>21 Chicken Taco Salad Corn Tortilla Chips with Cheese Pico De Gallo and Sour Cream Peaches Milk</p>	<p>22 Baked Salmon with Tartar Sauce Fluffy Wild Rice Pilaf Italian Vegetables Whole Orange Milk</p>	<p>23 Sliced Glazed Ham Oven Baked Yams Broccoli Florets Apple Dumpling Milk</p> 	<p>24 Old Fashioned Lasagna Crisp Garden Salad Whole Grain Dinner Roll Pineapple Chunks Milk</p>
<p>27 Turkey Sloppy Joe on a Whole Grain Bun Tater Tots Mixed Vegetables Apricots Milk</p>	<p>28 Baked Cod with Pineapple Salsa Fresh Summer Squash Fluffy Couscous Raspberry Shortbread Cookies Milk</p>	<p>29 Margarita Chicken Broccoli Florets Whole Grain Breadstick Banana Pudding Milk</p>	<p>30 Meatball Sandwich with Mozzarella on a Whole Grain Bun Italian Vegetables Fresh Pear Chocolate Milk</p>	<p><b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b></p> 

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

Visit our website to view nutrition information for this menu: <https://tinyurl.com/EDCSeniorNutrition>

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