






# May 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>3</p> <p>Chicken Cacciatore with Red and Green Bell Peppers Whole Grain Penne Pasta Fresh Juicy Peach Milk</p>	<p>4</p> <p>Pulled Pork on a Whole Grain Hawaiian Roll Creamy Coleslaw with Pineapple Tidbits Vanilla Wafer Cookies Milk </p>	<p>5</p> <p>Lentil Stew Cornbread with Butter and Honey Melon Medley Milk</p>	<p>6</p> <p>Savory Meatloaf Mashed Potatoes with Gravy Brussel Sprouts Fresh Juicy Peach Fig Newton Cookies Milk</p>	<p>7</p> <p>Open-Faced Turkey Sandwich with Gravy Roasted Asparagus Warm Brownie Fresh Strawberries Milk</p>
<p>10</p> <p>Chicken Marsala Broccoli Florets Plump Nectarine Garlic Breadstick Milk</p>	<p>11</p> <p>Shrimp Scampi Linguini Noodles Summer Squash Orange Milk</p>	<p>12</p> <p>Pork Chop with Country Gravy Cornbread Stuffing Cinnamon Carrots Warm Apple Compote Milk</p>	<p>13</p> <p>Turkey Pot Pie Italian Blend Vegetables Fresh Strawberries Oatmeal Date Bar Milk</p>	<p>14</p> <p>Salisbury Steak Roasted Red Potatoes Cauliflower Florets Juicy Grapes Milk</p>
<p>17</p> <p>Sloppy Joe on a Whole Grain Bun Mixed Vegetables Tator Tots Orange Milk</p>	<p>18</p> <p>Sweet and Sour Chicken Sticky White Rice Oriental Vegetables Fresh Juicy Plum Fortune Cookie Milk</p>	<p>19</p> <p>Turkey Tetrazzini Wild Brown Rice Oriental Vegetables Fresh Juicy Peach Milk</p>	<p>20</p> <p>Pork Tenderloin Creamy Mashed Potatoes Steamed Green Beans Mandarin Oranges Whole Wheat Dinner Roll Milk</p>	<p>21</p> <p>Juicy Tri Tip Macaroni and Cheese California Blend Vegetables Fresh Strawberries Milk</p>
<p>24</p> <p>Pork Fajitas Black Beans Flour Tortilla Fajita Vegetable Mix Applesauce Milk</p>	<p>25</p> <p>Breaded Pollock Orzo Greek Salad California Blend Vegetables Fresh Juicy Plum Milk</p>	<p>26</p> <p>BBQ Chicken Thigh Roasted Broccoli Florets Apricots Oatmeal Cookie Milk</p>	<p>27</p> <p>Shepherd's Pie with Butternut Squash, Peas and Carrots Whole Wheat Dinner Roll Orange Milk</p>	<p>28</p> <p>Baked Frittata with Bacon, Spinach and Cheese Country Potatoes Mixed Melon Medley Cinnamon Roll Milk</p>
<p>31</p> <p><i>Memorial Day Holiday</i></p>		<p>Senior Nutrition strives to use whole grain bread products </p>	<p>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium </p>	

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>

**El Dorado County Senior Nutrition**  
 937 Spring St.  
 Placerville, CA 95667  
 (530) 621-6160