

APRIL 2026

El Dorado County Senior Nutrition

Lunch is a suggested voluntary contribution of \$5.00

Serving adults 60 years and older

Monday

Tuesday

Wednesday

Thursday

Friday

Alternative meal options:

- Chicken Noodle Soup
- Spinach Ravioli with Alfredo Sauce
- Clam Chowder
- Minestrone

Salmon with Tartar Sauce
Red Potatoes
California Blend Vegetables
Whole Wheat Roll
Petite Banana
Milk **1**

Beef Burrito Bowl
Black Beans, Wild Rice,
Fajita Veggie Mix & Cheese
Whole Grain Tortilla
Fresh Blueberries
Milk **2**

Ham
Mashed Potatoes w/Gravy
Green Beans
Whole Grain Roll
Juicy Orange
Strawberry Compote
Milk **3**

Shrimp Scampi
Cinnamon Carrots
Whole Wheat Garlic
Bread Knots
Grape Juice
Milk **6**

Orange Chicken
Stir Fry Vegetables
Fried Rice
Fortune Cookie
Mandarin Orange
Milk **7**

Country Baked Beef Steak
with Country Gravy
Creamy mashed potatoes
Buttery Corn
Whole Grain Biscuit
Pineapple chunks
Milk **8**

Chili Baked Potato
Cheese, Green Onion,
Sour Cream
Whole Grain Roll
Mixed Fruit Cup
Milk **9**

Marinara Meatball
Sandwich
Whole Wheat Bun
Steamed Carrots
Crisp Apple
Chocolate Milk **10**

Swiss Steak
Mash Potatoes
Okra
Whole Grain Roll
Pear Cup
Milk **13**

Pork Chili Verde
Spanish Rice
Roasted Peppers
Whole Grain Tortilla
Juicy Grapes
Milk **14**

Grilled Chicken Burger
Tomato and Onion
Whole Grain Bun
Sun Chips
Blueberries
Milk **15**

Tilapia w/Mango Salsa
Wild Rice
Asparagus
Whole Grain Roll w/Butter
Fresh Orange
Chocolate Milk **16**

Chicken Piccata
Brown Rice
Cauliflower
Whole Grain Roll
100% Fruit Punch Juice
Milk **17**

Pesto Chicken
Bruschetta
w/Sliced Tomatoes
Creamy Orzo Pasta
Crisp Apple
Milk **20**

Pastrami Sandwich
w/ Rye Bread
Swiss Cheese
Cucumber Salad
Fruit Medley 
Milk **21**

Turkey Divan
Brown Rice
Broccoli
Fresh Kiwi
Milk **22**

Spaghetti
with Meat Sauce
Green Beans
Whole Wheat Roll
Juicy Pear
Milk **23**

Crab Cake
Tartar Sauce
Wild Rice
California Blend Vegetables
Fresh Strawberries
Milk **24**

Roasted Pork
Country Gravy
Mashed Potatoes
Buttery Corn
Whole Wheat Roll
Apricots, Milk **27**

Waldorff Chicken Salad
On a Bed of Crisp Lettuce
Whole Wheat bread
Grape Tomatoes
Juicy Apricots
Milk **28**

Vegetable Ravioli Soup
Whole Grain Bread Stick
Warm Cherry Crisp
Juicy Grapes
Milk **29**

Cheesy Chicken Nachos
Fajita Mix Veggies
Whole Grain Tortilla Chips
Salsa, Sour Cream
Fresh Crisp Apple
Milk **30**

The salt & pepper shakers indicate a meal that contains more than 1,000 mg of sodium 

To cancel a meal, please call the day before or NO LATER THAN 8 AM. (Placerville) 530 621-6160 OR (South Lake Tahoe) 530-573-3130

Call (530) 621-6160 for dine-in reservations Please join us at one of the following locations:

Placerville El Dorado Hills Pioneer Park Pollock Pines Georgetown Cameron Park South Lake Tahoe
937 Spring St 990 Lassen Lane 6740 Fairplay Rd 2675 Sanders Dr 6680 Orleans St. 2502 County Club Dr 3050 Lake Tahoe Blvd

Menu Is Subject to Change