

May Menu 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
- Minestrone Soup
- Spinach Ravioli with Alfredo Sauce
- New England Clam Chowder

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



Pork Chili Verde
Spanish Rice
Roasted Bell Pepper
Whole Grain Tortilla
Apple Sauce
Milk

4

Swiss Steak with Gravy
Mashed Potatoes
Balsamic Brussel Sprouts
Whole Grain Roll
Peach Cup
Milk

5

Pulled BBQ Chicken
Sandwich
Pineapple Coleslaw
Whole Grain Bun
Craisin
Milk

6

Minestrone
With Mini Beef Meatballs
Whole Grain Garlic Bread
Fresh Grapes
Milk

7

Chicken A La King
Brown Rice
Cauliflower
Whole Grain Roll
Fresh Apricots
Milk

8

Broccoli Beef
Brown Rice
Whole Grain Roll
Juicy Mandarin
Milk

11

Fish Melt
American Cheese
Juicy Tomato Slices
Whole Grain Bun
Fresh Blueberries
Milk

12

Turkey Spinach
Cheese Wrap
Crisp Greens & Ranch
Cucumber Salad
Fresh Mixed Melon
Milk

13

Summer Stew
Squash Medley
Whole Grain Roll
Very Berry Juice
Milk

14

Ham and Cheese
Sandwich
Whole Wheat Bread
Crisp Green Salad
Honey Dew Melon
Chocolate Milk

15

Spaghetti With Meat
Sauce
Green Beans
Whole Grain Garlic Knot
Juicy Plum
Milk

18

Chicken Loaded Baked
Potato
with Broccoli, Cheese
Whole Grain Roll
Fresh Strawberries
Milk

19

Roasted Pork with Gravy
Creamy Mashed Potatoes
Asparagus
Whole Grain Biscuit
Apple Sauce
Milk

20

Older Americans Day
Chicken Caesar Salad
Whole Grain Bread Stick
Fresh Watermelon
Chocolate Brownie
Milk

21

Turkey Hot Dog with Chili
Cheese
Whole Grain Hot Dog Bun
Coleslaw
Fresh Cantaloupe
Milk

22

**Memorial Day
Holiday**

25

Chicken & Dumplings
Broccoli Florets
Whole Wheat Biscuit
Fresh Mandarin Orange
Milk

26

John Wayne Beef
Casserole
Cowboy Corn Salad
Whole Grain Roll
Juicy Apple Slices
Milk

27

Creamy Garlic Shrimp
Vermicelli Pasta
Baby Carrots
Whole Grain Bread Stick
Fresh Peach
Milk

28

Ranch Chicken Salad
with Whole Grain Pasta
Cherry Tomatoes
Whole Wheat Roll
100% Orange Juice
Milk

29

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