

December 2024 Menu

ONLY CIRCLE THE MEALS YOU WANT

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Pork Pozole Winter Squash Whole Grain Tortilla Crisp Apple Milk</p>	<p>3 Savory Pot Roast Mash Potatoes Broccoli Whole Grain Garlic Bread Kiwi Fruit Peanut Butter Cookie Milk</p>	<p>4 Baked Cod w/ tartar sauce Roasted Red Potatoes Vegetable Blend Whole Grain Roll Grape Juice Milk</p>	<p>5 Creamy Roasted Red Pepper Smoked Gouda Soup 3 Bean Salad Whole Wheat Bread Knot Juicy Pineapple Milk</p>	<p>6 Crispy Chicken Sandwich Honey Mustard Swiss/Lettuce/Tomato Whole Wheat Bun Sun Chips Box of Raisins Milk</p>
<p>9 Beef Raviolis W/ Marinara sauce Green Beans Whole Grain Roll Mixed Fruit Cup Milk</p>	<p>10 Orange Chicken Vegetable Fried Rice Cauliflower Tropical Fruit Cup Milk</p>	<p>11 Holiday Quiche w/ Spinach, Broccoli, Ham, Mushroom Roasted Red Potatoes Whole Grain English Muffin 100% Apple Juice Milk</p>	<p>12 Salisbury Steak with Gravy Mashed Potatoes Honey Carrots Whole Wheat Roll Peach Cup Chocolate Milk</p>	<p>13 Turkey and Cheese Turnover Roasted Bell Peppers Whole Grain Crackers w/ Hummus Juicy Orange Milk</p>
<p>16 Chicken Alfredo Whole Grain Penne Pasta Brussel Sprouts Kiwi Fruit Milk</p>	<p>17 Broccoli Beef Brown Rice Peas & Carrots Fresh Bartlett Pear Chocolate Chip Cookie Milk</p>	<p>18 Burrito Bowl Black Beans, Wild Rice, Fajita Vegetable Mix, and Cheese Avocado Halves Peach Milk</p>	<p>19 Chicken Bake W/ Potatoes Broccoli Zucchini Mushroom Cheese Whole Grain Biscuit Mixed Fruit Cup Milk</p>	<p>20 Beef Stew Carrots Whole Grain Roll Grapes Milk</p>
<p>23 Honey Glazed Ham Creamy Mash Potatoes Crisp Green Beans Whole Wheat Roll Apple Sauce Gingerbread Cake Milk</p> 	<p>24 </p>	<p>25 </p>	<p>26 Minestrone Soup W/beef Mini Meatballs Sweet Whole Grain Hawaiian Roll Mandarin Oranges Milk</p>	<p>27 Chicken Marsala Creamy Mash Potatoes California Blended Veggies Whole Grain Roll Mixed Fruit Cup Milk</p>
<p>30 Savory Beef Chili Peas and Onion Pearls Golden Whole Grain Corn Muffin Peach Cup Milk</p>	<p>31 Juicy Turkey with Gravy Mash Potatoes Green Beans Apple Slices Milk</p>	<p><i>*To order an <u>alternative</u>, advanced notice by the Wednesday before the week of the change is required. Alternatives are subject to availability</i></p>	<p>Alternative meal options:</p> <ul style="list-style-type: none"> • Creamy Carrot Soup • Spinach Ravioli with Alfredo Sauce • Clam Chowder • Broccoli Cheddar Soup 	<p>The salt & pepper shakers indicate a meal. that contains more than 1000 mg of sodium </p>

Lunch is a suggested voluntary contribution of \$3.00

Serving adults 60 years and older

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 current dine-in status. 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