





March 2025 Menu



Monday	Tuesday	Wednesday	Thursday	Friday
3 Manhattan Clam Chowder Crispy Asparagus Whole Grain Roll Fresh Kiwi Fruit Milk	4 Italian Sausage Cavatappi with Ricotta Cheese Broccoli Breadstick Tangerine Milk	5 Salisbury Steak Mashed Potatoes with Gravy Green Beans Whole Grain Honey Wheat Roll Crisp Apple Milk	6 Teriyaki Chicken Wild Rice Oriental Vegetables Whole Wheat Roll w/Butter Mandarin Oranges Milk	7 Beef Taco Salad Romaine Lettuce, Tomatoes, Cheese, Sour Cream, Salsa Whole Grain Tortilla Chips Peach cup Milk
10 Open-faced Turkey Sandwich on Whole Wheat Bread with Gravy Green Peas and Carrots Mixed Fresh Orange Milk	11 Shepherd's Pie Butternut Squash Whole Grain Biscuit w/Butter Juicy Mango Half Milk	12 Moist Chicken Breast Roasted Potatoes Zucchini Chunks Whole Wheat Roll w/Butter Crisp Apple Brownie Cookie Milk	13 Yankee Pot Roast Mashed Potatoes Cauliflower Florets Whole Wheat Dinner Roll w/Butter Fresh Grapes Milk	14 Vegetarian Lasagna Roasted Brussel Sprouts 3 Bean Salad Whole Grain Breadstick Mixed Fruit Milk
17 Corn Beef Roasted Red Potatoes Cabbage Whole Grain Roll w/Butter Irish Apple Cake Milk	18 Tuna Sandwich on Whole Wheat Bread Fresh Green Salad Ranch Dressing Fresh Grapes Chocolate Milk	19 Chicken and Black Bean Chili Roasted Red & Yellow Peppers Whole Wheat Corn Bread Juicy Pineapple Milk	20 Polynesian Meatballs Wild Rice California Vegetables Whole Grain Bread Stick Cantaloupe Milk	21 Chicken Cordon Blu Creamy Mash Potatoes Steamed Broccoli Whole Grain Roll w/Butter Fresh Kiwi Fruit Milk
24 Beef Stew Butternut Squash Whole Grain Corn Bread Tropical Fruit Cup Apple Pie Milk	25 Chicken Cacciatore Brown Rice Brussel Sprouts Whole Grain Hawaiian Roll w/Butter Melon Mix Milk	26 Pork Pozole Soup Radish, Cabbage Sour Cream Roasted Corn Whole Grain Tortilla Apricot Milk	27 Fish and Chips Tartar Sauce Colorful Coleslaw Whole Grain Roll w/Butter Fig Newton Cookies Fresh Juicy Orange Milk	28 California Cobb Salad w/ Chicken, Bacon, Hard Boil eggs, Blue Cheese & Whole Wheat Croutons Ranch Dressing Apple Juice Milk
31 BBQ Chicken Garlic Mashed Potatoes California Blend Vegetables Whole Wheat Roll w/Butter Apple Slices Milk	To order an alternative, advanced notice by the Wednesday before the week of the change is required. <i>Alternatives are subject to availability</i>	Alternative meal options: <ul style="list-style-type: none"> • Creamy Carrot Soup • Spinach Ravioli with Alfredo Sauce • Manhattan Clam Chowder • Minestrone Soup 	Senior Nutrition strives to use whole grain bread products. 	The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium 

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