







March 2010



Senior Nutrition Program...your friendly neighborhood café

Suggested Donation \$3.00 for adults 60 yrs or older

Lunch is served from 12:00 -12:30

Monday	Tuesday	Wednesday	Thursday	Friday
Staff Furlough Day All Sites CLOSED No Home Delivered Meals	Salisbury Steak with Gravy Red Potatoes Peas & Carrots * Applesauce Juice + Wheat Bread & Beverage	Tuna Salad Plate Vegetable Soup Half Orange + Bran Bread & Beverage	Turkey Divan Brown Rice Broccoli Spears Peaches Juice + French Bread & Beverage	Cheese Enchilada Tossed Green Salad * Spanish Rice Mandarin Oranges + Beverage 
Cashew Chicken Brown Rice Oriental Vegetables Fortune Cookie Juice + French Roll & Beverage	Meatloaf with Gravy Mashed Potatoes Mixed Vegetables * Apricots Juice + Wheat Bread & Beverage	Baked Ziti Pasta with Four Cheeses Tossed Green Salad * Half Orange + Garlic Bread & Beverage	Lemon Herb Chicken Red Potatoes Brussels Sprouts + Half Banana Wheat Bread & Beverage	Stuffed Bell Pepper Wild Rice Carrots * Pears Juice + Wheat Bread & Beverage
Crab Cake with Cucumber Sauce Rice Pilaf Green Beans Mixed Fruit Juice + Wheat Bread & Beverage	Cheese Tortellini with Mushroom Sauce Spinach Salad Mandarin Oranges + Garlic Bread & Beverage	Happy St. Patrick's Day Corned Beef & Cabbage Potatoes & Carrots * Sherbet Juice + Wheat Bread & Beverage 	Sloppy Joe Sandwich Carrot Pineapple Salad * Apricots Juice + Beverage	Roast Turkey with Gravy Stuffing Baked Squash * Pears Juice + French Roll & Beverage
Cottage Cheese & Fruit Plate Split Pea Soup Cornbread & Beverage	Chicken Marsala Penne Pasta Carrots * Grapes Juice + French Bread & Beverage	Stuffed Potato + with Vegetarian Chili Coleslaw Peaches Wheat Bread & Beverage	Spaghetti with Meatballs Tossed Green Salad * Brussels Sprouts + Half Orange + Breadstick & Beverage 	Birthday Luncheon Roast Beef with Gravy Mashed Potatoes California Blend Vegetables * Cake Juice + Wheat Roll & Beverage
Baked Ham Yams * Green Beans Applesauce Juice + Wheat Bread & Beverage 	Ground Beef Stroganoff Tossed Green Salad Noodles Pears Juice + Wheat Roll & Beverage	Breaded Pollock with Tartar Sauce Red Potatoes Mixed Vegetables * Half Banana Juice + Wheat Bread & Beverage		 Meal contains more than 1000 mg of Sodium Menu is subject to change * Vitamin A rich + Vitamin C rich

A nice place to dine serving the over 60 crowd! Visit one of the following locations...

Placerville	621-6160	Greenwood	885-9160	Pioneer Park	620-5432	South Lake Tahoe	573-3130
Diamond Springs	622-8131	Pollock Pines	644-4008	El Dorado Hills	(916) 358-3561		