

# FEBRUARY 2026

El Dorado County Senior Nutrition

Lunch is a suggested voluntary contribution of \$5.00

Serving adults 60 years and older

## Monday

Baked Salmon **2**  
Couscous  
Bahama Mix Vegetables  
Whole Wheat Roll  
Fresh Apple  
Milk

Parmesan Chicken **9**  
with Marinara  
Creamy Orzo Pasta  
Steamed Broccoli  
Whole Grain Garlic Bread  
Fresh Pear  
Milk

**Closed For  
President's Day** **16**

Pork Chili Verde **23**  
Spanish Rice  
Roasted Corn  
Whole Grain Tortilla  
Peach Cup  
Milk

## Tuesday

Teriyaki Chicken **3**  
Vegetable Fried Rice  
Stir Fry Vegetables  
Whole Grain Roll  
Juicy Orange  
Milk

Swedish Meatballs **10**  
Creamy Mashed Potatoes  
Juicy Corn  
Whole Grain English Muffin  
Fresh Kiwi Fruit  
Milk

Beef Cheeseburger **17**  
Tomato and Onion  
Whole Grain Bun  
Sun Chips  
Fresh Blueberries  
Milk

Chicken Marabella **24**  
Garden Rice  
Chef Cut Vegetable Blend  
Whole Wheat Roll  
Pear  
Milk

## Wednesday

Turkey Pot Pie **4**  
Lima Beans  
Whole Grain Biscuit  
Tropical Fruit Cup  
Milk

Pork Stew **11**  
Okra with Butter  
Whole Grain Roll  
Warm Apple Compote  
Milk

Orange Chicken **18**  
Wild Rice  
Peas  
Spring Roll  
Mandarin Oranges  
Chocolate Milk

Chicken Tortellini **25**  
Mushroom Sauce  
Honey Carrots  
Whole Grain Corn Bread  
Mixed Fruit cup  
Milk

## Thursday

Juicy Tri-Tip **5**  
Seasoned Potatoes  
California Blend Vegetables  
Whole Grain Roll  
Fresh Kiwi Fruit  
Milk

Chicken Noodle Soup **12**  
Capri Vegetable  
Whole Wheat Bread Stick  
Juicy Grapes  
Milk

Spaghetti **19**  
with Meat Sauce  
Cauliflower  
Whole Grain Roll  
Apple Slices  
Milk

Mongolian Beef **26**  
Fried Brown Rice  
Roasted Cabbage  
Whole Wheat Roll  
100% Fruit Punch Juice  
Milk

## Friday

Chili Rellenos **6**  
Cowboy Bean Salad  
Whole Grain Tortilla  
Fresh Pear  
Chocolate Milk

Meatloaf with Gravy **13**  
Roasted Red Potatoes  
Green Beans  
Whole wheat Roll  
Chocolate Cake  
Fresh Orange & Milk

Breaded Pollock Tartar sauce **20**  
Wild Rice  
4-Way Vegetable Blend  
Whole Grain Bun  
Banana  
Milk

Grilled Chicken **27**  
Mash Potatoes  
Broccoli Florets  
Whole Wheat Biscuit  
Fresh Apple  
Chocolate Milk

### Alternative meal options:

- Creamy Carrot Soup
- Spinach Ravioli with Alfredo Sauce
- Clam Chowder
- Minestrone

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 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

Menu Is Subject to Change