

November Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium</p> 	<p>Alternative meal options:</p> <ul style="list-style-type: none"> • Creamy Carrot Soup • Spinach Ravioli with Alfredo Sauce • Minestrone Soup • Clam Chowder <p><i>*Alternatives subject to availability</i></p>	<p>*To order an <u>alternative</u>, an advanced notice by the Wednesday before the week of the change is required.</p>		
<p>3</p> <p>Shepherd's Pie Green Beans Whole Grain Biscuit Applesauce Milk</p>	<p>4</p> <p>Creamy Chicken and Potato Soup Roasted Broccoli Whole Grain Roll Nectarine Milk</p>	<p>5</p> <p>Polynesian Meatballs Wild Rice Roasted Bell Pepper and Pineapple Blend Tropical Fruit Cup Whole Grain Bread Knot Milk</p>	<p>6</p> <p>Cheesy Ham and Vegetable Quiche Brussel Sprouts Whole Grain Pretzel Apple Slices Milk</p>	<p>7</p> <p>Turkey Burger with Melted Cheese on a Whole Wheat Bun Tomato/Onion Tater Tots Juicy Orange Chocolate Milk</p>
<p>10</p> <p>Chicken Noodle Soup Sauteed Zucchini & Mushrooms Whole Wheat Roll Crisp Apple Fig Newton Cookies Milk</p>	<p>11</p> 	<p>12</p> <p>Burrito Bowl Black Beans, Wild Rice, Fajita Vegetable Mix, and Cheese Whole Grain Tortilla Fresh Plum Milk</p>	<p>13</p> <p>Teriyaki Chicken Wild Rice Stir Fry Vegetables Dried Strawberry Craisins Milk</p>	<p>14</p> <p>Salisbury Steak with Gravy Mashed Potatoes Cinnamon Honey Carrots Whole Grain Bread Stick Mixed Fruit Cup Milk</p>
<p>17</p> <p>Chicken Enchilada Casserole Black Beans Fire Roasted Corn Apricots Milk</p>	<p>18</p> <p>Low Sodium Sausage, Whole Grain Biscuit, Country Gravy Egg Frittata W/Bell Pepper Medley 100% Orange Juice Milk</p>	<p>19</p> <p>Autumn Chicken Chopped Salad w/ Apple, Pear, Cranberries, Feta Cheese, Bacon pieces, Raspberry Vinaigrette Juicy Grapes Whole Wheat Roll Chocolate Milk</p>	<p>20</p> <p>Beef Stroganoff Whole Grain Pasta Broccoli Whole Grain Garlic Bread Pear Milk</p>	<p>21</p> <p>Chicken and Dumplings Key Largo Blended Veggies Whole Wheat Biscuit Kiwi Milk</p>
<p>24</p> <p>Savory Beef Chili with Cheese and Red Onion Roasted Cauliflower Golden Corn Bread Peach Cup Milk</p> 	<p>25</p> <p>Breaded Pollock w/Tartar Sauce Brown Rice Zucchini Whole Grain Roll Mandarin Orange Milk</p>	<p>26</p> <p>Juicy Turkey with Gravy Mash Potatoes Green Beans with a touch of Butter Hawaiian Roll Crustless Pumpkin Pie Fluff Milk</p>	<p>27</p> 	<p>28</p>

Lunch is a suggested voluntary contribution of \$5.00

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