

November Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Shepherd's Pie Green Beans Whole Grain Biscuit Applesauce Milk	3 Creamy Chicken and Potato Chowder Roasted Broccoli Whole Grain Roll Fresh Nectarine Milk	4 Polynesian Meatballs Wild Rice Roasted Bell Pepper and Pineapple Blend Whole Grain Bread Knot Tropical Fruit Cup Milk	5 Cheesy Ham and Vegetable Quiche Brussel Sprouts Whole Grain Pretzel Apple Slices Milk	6 Turkey Burger with Melted Cheese on a Whole Wheat Bun Tomato and Onion Tater Tots Juicy Orange Chocolate Milk
9 Burrito Bowl Black Beans, Wild Rice, Fajita Vegetable Mix, and Cheese Whole Grain Tortilla Fresh Plum Milk	10 Breakfast for Lunch Low Sodium Sausage, Whole Grain Biscuit, Country Gravy Egg Frittata with Bell Pepper Medley 100% Orange Juice Milk	11  Closed for Veterans Day	12 Teriyaki Chicken Wild Rice Stir-Fry Vegetables Dried Strawberry Craisins Milk	13 Salisbury Steak with Gravy Mashed Potatoes Cinnamon Honey Carrots Whole Grain Bread Stick Mixed Fruit Cup Milk
16 Breaded Pollock with Tartar Sauce Brown Rice Zucchini Whole Grain Roll Mandarin Orange Milk	17 Beef Meatloaf with Brown Gravy Creamy Mashed Potatoes Buttery Corn Whole Grain Roll Pineapple Fruit Cup Milk	18 Chicken Noodle Soup Sautéed Zucchini & Mushrooms Whole Wheat Roll Crisp Apple Grandma's Fudge Brownie Cookie Milk	19 Beef Stroganoff Whole Grain Pasta Broccoli Whole Grain Garlic Bread Fresh Pear Milk	20 Autumn Chicken Chopped Salad with Apple, Pear, Cranberries, Feta Cheese, Bacon Pieces Raspberry Vinaigrette Whole Wheat Roll Fresh Grapes Milk
23 Grilled Ham and Cheddar Cheese Sandwich Whole Wheat Bread Low Sodium Tomato Soup 100% Fruit Punch Juice Milk	24 Savory Beef Chili with Cheese and Red Onion Roasted Cauliflower Golden Cornbread Peach Cup Milk	25 Juicy Turkey with Gravy Mashed Potatoes Green Beans with a Touch of Butter Whole Wheat Roll Crustless Pumpkin Pie Fluff Milk	26 	27 
30 Breaded Eggplant Parmesan with a Dollop of Marinara Sauce Orzo Pasta 3 Bean Salad Whole Wheat Biscuit Fresh Kiwi Milk		Please note: If two consecutive days are missed without contacting the office, further deliveries may be placed on HOLD unless the office is contacted to avoid service suspension.	Alternative meal options: <ul style="list-style-type: none"> • Chicken Noodle Soup • Spinach Ravioli with Alfredo Sauce • New England Clam Chowder • Minestrone 	The salt & pepper shakers indicate a meal that contains more than 1,000 mg of sodium. 

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	1100 Rufus Allen Blvd.