



October Menu 2026



Monday	Tuesday	Wednesday	Thursday	Friday
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: • Minestrone Soup • Spinach Ravioli with Alfredo Sauce • New England Clam Chowder • Chicken Noodle Soup	The salt & pepper shakers indicate a meal that contains more than 1,000 mg of sodium 		
5 Swiss Beef Steak Creamy Mashed Potatoes Roasted Carrots Whole Grain Corn Bread Fresh Kiwi Chocolate Milk	6 Chicken Tortilla Soup Roasted Bell Peppers Whole Grain Dinner Roll Orange Sections Milk	7 Stuffed Baked Potatoes with Chili, Cheese Blended Bahamas Vegetables Banana Milk	8 Chicken Pot Pie with Whole Grain Biscuit California Blended Vegetables 100% Grape Juice Milk	9 Yankee Beef Pot Roast Diced Red Potatoes Key Largo Vegetables Whole Grain Pumpkin Bread Pear Cup Milk
12 Chicken Alfredo Italian Blend Vegetables Whole Grain Garlic Breadsticks Fresh Peach Milk	13 John Wayne Beef Casserole Cowboy Corn Salad Whole Grain Roll Juicy Apple Slices Milk	14 Maui Salad with Chicken Whole Grain Soft Pretzel Mixed Fruit Cup Abrosia Salad Milk	15 Hearty 3-Bean Beef Chili Green Beans Whole Grain Corn Bread Muffin Juicy Apricot Milk	16 Pollock Fish Tacos with Mango Salsa Coleslaw Whole Grain Tortillas Mandarin Orange Milk
19 Turkey Burger on a Whole Grain Bun Lettuce, Tomato, Onion Sun Chips Pineapple Cup Milk	20 Roasted Pork with Country Gravy Red Potatoes Cauliflower Whole Grain Roll Apple Sauce Milk	21 Beef Burgundy with Whole Grain Noodles Broccoli Whole Grain Dinner Roll Fresh Pear Cherry Crisp Milk	22 Bean and Cheese Burrito Spanish Rice Fajita Mixed Vegetables Fresh Mandarin Milk	23 Orange Chicken Wild Rice Peas and Carrots Whole Grain Roll Dried Cranberries Milk
26 Beef Meatloaf Mashed Potatoes California Blend Whole Grain Roll Mixed Fruit Cup Milk	27 Vegetable Ravioli Soup Hummus Whole Grain Crackers Juicy Apple Slices Milk	28 Country Baked Beef Steak Mashed Potatoes Roasted Corn Whole Grain Biscuit with Butter 100% Fruit Punch Milk	29 Fish Fillet Sandwich Sweet Potato Puffs Capri Vegetable Medley Whole Grain Bun Fresh Apricot Milk	30 Witches Brew Beef Stew Carrots Corn Bread Spooky Gelatin Salad Juicy Plum Milk 

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. Senior-Nutrition@edcgov.us Please join us at one of the following locations:

Placerville
937 Spring St

El Dorado Hills
990 Lassen Lane

Pioneer Park
6740 Fairplay Rd

Pollock Pines
2675 Sanders Dr

Georgetown Library
6680 New Orleans

Cameron Park
2502 County Club Dr

South Lake Tahoe
3050 Lake Tahoe Blvd.