



# December Menu 2018



Lunch is served between 12-12:30 pm for the suggested donation of \$3.00

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Pork Chop with Country Gravy Cinnamon Sweet Potatoes Green Beans Half of an Orange Whole Wheat Dinner Roll Milk</p>	<p>4</p> <p>Beef Noodle Stroganoff Spinach Salad with Blue Cheese and Orange Vinaigrette Kiwi Fruit Whole Grain Bread Milk</p>	<p>5</p> <p>Cottage Cheese with Luau Fruit Split Pea Soup Oyster Crackers Oatmeal Raisin Cookie Milk</p>	<p>6</p> <p>Baked Salmon with Aioli Sauce Brown Rice Zucchini and Yellow Squash Orange Sections Whole Wheat Bread Milk</p>	<p><i>Birthday Friday</i> 7</p> <p>Chicken Cordon Bleu Mashed Potatoes and Gravy Maui Salad Holiday Cookie Milk</p> 
<p>10</p> <p>Salisbury Steak with Mushroom Sauce Cheesy Cauliflower Apricots Whole Wheat Roll Milk</p>	<p>11</p> <p>Ham and Swiss Sandwich with Honey Mustard on Rye Carrot Tomato Soup Fresh Pear Milk</p> 	<p>12</p> <p>Clam Chowder Oyster Crackers Colorful Coleslaw Fig Newton Cookie Milk</p>	<p>13</p> <p>Tortellini with Chunky Marinara Spinach Salad with Feta and Walnuts Garlic Breadstick Red Juicy Grapes Milk</p> 	<p>14</p> <p>Warm Chicken Sandwich with Melted Swiss and Pineapple and Lettuce on a Whole Grain Bun Tator Tots Clementine Orange Milk</p>
<p>17</p> <p>Beer Battered Pollock with Tartar Sauce Wild Rice Zucchini Squash Fresh Mandarin Orange Milk</p>	<p>18</p> <p>Vegetarian Chili Fresh Garden Salad with Italian Dressing Cornbread with Butter and Honey Peaches Milk</p>	<p>19</p> <p>Chicken BLT Salad with Blue Cheese Dressing Vegetable Soup Mixed Fruit Whole Wheat Bread Milk</p>	<p>20</p> <p>Turkey Divan Steamed Wild Rice Broccoli Apricots Chocolate Milk</p>	<p>21</p> <p>Ham with Garlic Mashed Potatoes Honey Cinnamon Carrots Cherry Supreme Milk</p> 
<p>24</p> <p><b>Happy Holidays</b></p>	<p>25</p> <p><b>Happy Holidays</b></p>	<p>26</p> <p>Baked Chicken with Gravy Yams Green Beans Mandarin Orange Whole Wheat Roll Milk</p>	<p>27</p> <p>Turkey Burger on Whole Grain Bun with Lettuce, Tomato and Onion Potato Chips Kiwi Fruit Milk</p>	<p>28</p> <p>Meatloaf with Mashed Potatoes and Gravy California Blend Vegetables Whole Wheat Bread Chocolate Milk</p>
<p>31</p> <p>Sweet and Sour Pork Brown Rice Oriental Vegetables Pineapple Milk</p>		<p><b>Senior Nutrition strives to use whole grain bread products</b></p> 		<p><b>The salt &amp; pepper shakers indicate a meal that contains more than 1000 mg of sodium</b></p> 

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**El Dorado County Senior Nutrition  
(530) 621-6160**

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# The Holiday Jewel

*Nutrition Notes by Natalie*

Winter Solstice is edging near and it's just about time for some holiday cheer. Sure we may not be able to predict the upcoming weather patterns, but one thing is for certain, we can always count on holiday celebrations. Christmas time is a great time of year to try out something new in the kitchen. This year's theme for my table involves a precious festive fruit known as the pomegranate.

I have recently become obsessed with this intriguing fruit! I blame it on the recent farmer's market. I picked up a pomegranate there the other day and cracked it open. There lie these shiny red jewels called arils. They literally burst open with juicy flavor the second you pop them in your mouth. This was the beginning of my obsession.

I started thinking of foods I could add them to including a sprinkling in yogurts, rice pudding, or even in my morning oatmeal. Then I looked up the nutrient information on these little ruby red jewels and was absolutely amazed at all of their health benefits.

Pomegranates are great not only for disease prevention but also help regulate hormones and detoxify the body. They even help with hair growth! In fact, the only negative aspect of this fruit is its preparation. They make a bloody mess (literally)! I wish I could tell you that there is a way to prevent this bloodshed that stains your hands, countertops and clothing. Surprisingly there is not, but I did stumble upon a way to minimize the mess by cutting the pomegranate open from the top and running a small sharp knife through the peel then cutting it into wedges, trying to avoid the seeds, and simply dropping the seeds into a bowl with your fingers.

This Christmas make this precious fruit the star of your party. Start by sipping on a pomegranate spritzer instead of snacking while you're cooking or waiting for the holiday feast. Simply pour a splash of pomegranate juice into sparkling water and garnish with pomegranate

seeds and a lime wedge. Next, serve a dinner salad as an appetizer. Add some pomegranate seeds to a bowl of spring mixed greens and chunks of feta cheese with toasted walnuts. For a tasty dressing puree  $\frac{3}{4}$  cup of pomegranate seeds,  $\frac{1}{2}$  cup of olive oil,  $\frac{1}{4}$  cup of maple syrup, 1 tablespoon of white balsamic vinegar and of lemon juice, with a teaspoon of Dijon mustard and a pinch of salt.

Tired of stuffing and boring old yams? Try this recipe on for size:



## **Holiday Acorn Squash**

- 2 small acorn squash cut into 1 inch rings
- 2 Tablespoons of extra virgin olive oil
- 1 teaspoon of curry
- Salt and pepper to taste
- $\frac{1}{2}$  cup of pistachio kernels
- $\frac{1}{2}$  cup pomegranate arils

Preheat oven to 400 degrees and place acorn squash rings in a single layer, drizzle with olive oil, curry powder, and salt and pepper to taste. Toss and combine. Bake for 20 minutes or to desired doneness (fork should easily pierce the skin). Transfer to serving platter and generously garnish with pistachios and pomegranate arils. Serve immediately.

Fruited gelatin for dessert anyone? Take your favorite gelatin flavor and prepare it as directed on the package or make your own from scratch. Just tenderize your favorite fruit by adding enough water to cover the fruit and bringing it to a boil until the fruit has softened. Add an unflavored gelatin packet to  $\frac{1}{2}$  cup of any type of juice and heat it all together on the stovetop. Pour into a gelatin mold and chill for 30 minutes before adding some pomegranate seeds, kiwi, and cream cheese balls. Viola! So pack your holiday full of this seasonal festive fruit by trying one or all of these recipes on for size!



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