



May Menu 2019



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>Senior Nutrition strives to use whole grain bread products </p>	<p>The salt & pepper shakers indicate a meal that contains more than 1000 mg of sodium </p>	<p>1 Pot Roast with Potatoes, Celery and Carrots Whole Wheat Dinner Roll Kiwi Fruit Milk</p>	<p>2 Lemon Herb Chicken Wild Rice Coleslaw Whole Orange Milk</p>	<p><i>3 Birthday Friday</i> Breaded Pollock Seasoned Sweet Potatoes California Blend Vegetables Fruit Pie Milk</p>
<p>6 Chicken Taco Salad Salsa Tortilla Chips Mandarin Oranges Milk</p>	<p>7 Tuna Salad on a Bed of Lettuce Navy Bean Soup Pineapple Chunks Whole Wheat Dinner Roll Milk </p>	<p>8 Swiss Steak with Gravy Roasted Garlic Potatoes Honey Cinnamon Carrots Fig Newton Cookie Milk</p>	<p>9 Spinach Ravioli with Mushroom Sauce Apricots Garlic Bread Milk</p>	<p>10 Turkey Tetrazzini Wild Rice Italian Blend Vegetables Fresh Juicy Orange Chocolate Milk</p>
<p>13 Beef Burgundy Noodles California Blend Vegetables Oatmeal Raisin Cookie Milk</p>	<p>14 Salmon with Aioli Sauce Roasted Red Potatoes Fresh Steamed Green Beans Strawberries Whole Grain Roll Milk</p>	<p>15 Ham and Cheese on Rye with Dijon Mustard Split Pea Soup Mixed Fresh Fruit Milk </p>	<p>16 Polynesian Meatballs Wild Rice Pilaf Cheesy Cauliflower Fresh Juicy Grapes Chocolate Milk</p>	<p>17 Tortellini with Pesto Sauce Tossed Green Salad with Carrots, Tomato and Vinaigrette Warm Apple Compote Garlic Breadstick Milk</p>
<p>20 Pork Chop with Country Gravy Brown Rice Oriental Vegetables Mandarin Oranges Vanilla Wafers Milk</p>	<p>21 BBQ Cheeseburger with Lettuce, Tomato and Onion on a Whole Grain Bun Tator Tots Fresh Juicy Plum Milk</p>	<p>22 Chicken Parmesan Whole Grain Pasta Greek Salad with Feta, Cucumbers, Romaine and Creamy Italian Dressing Fresh Seasonal Fruit Milk </p>	<p>23 Baked Potato with Vegetarian Chili Sour Cream and Chives Broccoli Florets Apricots Chocolate Milk</p>	<p>24 Older Americans Day Chicken Cordon Bleu Mashed Potatoes with Gravy Maui Salad Celebration Cake </p>
<p>27 Memorial Day Holiday</p>	<p>28 Crab Cake with Tartar Sauce Fluffy Brown Confetti Rice Peas and Carrots Orange Sections Milk</p>	<p>29 Ranch Chicken Salad with Pasta Vegetable Soup Mixed Fresh Fruit Whole Wheat Roll Milk</p>	<p>30 Spaghetti and Meatballs Italian Blend Vegetables Breadstick Fresh Apricot Milk</p>	<p>31 Chicken Marbella Red Mashed Potatoes Broccoli Florets Fresh Crisp Apple Milk</p>

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Enjoy our monthly article on the reverse side

Delicious, yet Nutritious

Can you believe it is already May!? Where on earth does the time go? It seems that only yesterday it was Christmas. I love this month because it is when the temperature mellows. Not too hot and not too cold. It's the calm before the summer's sizzling heat and the perfect time of year to plant a garden. The month of May means the end of a stressful school year for my kids and the beginning of summer fun! But before I rush us through another month too quickly, let's stop and savor the celebratory days this month has to offer. In chronological order, there is Cinco De Mayo, Mother's Day and of course Memorial Day. I am in the mood to celebrate as I write this article because our family has a lot of birthdays this time of year. So, let's talk about how to incorporate fun, nutrition, and a tasty cuisine into one of this month's most celebrated holiday events.

Cinco De Mayo, or the fifth of May, historically commemorates the Mexican Army's victory over the French Empire in 1862 at the battle of Puebla. But for most of us, it's become more like a "Hallmark" holiday that is often celebrated with parades, food, music, and even dancing and it's not exclusively celebrated by just the Mexican culture. This year at Senior Nutrition we're serving Chicken Taco Salad! According to Smithsonian online if you want to be truly authentic with your Cinco De Mayo cuisine you wouldn't serve something as simple as a "taco and margarita", but a chalupa instead! A what? To put it simply, a chalupa is a deep fried thick tortilla shell shaped like a taco and topped with salsa, shredded meat, chopped onion, and sometimes queso fresco (a Mexican inspired soft cheese). Sounds a little fattening and possibly not super heart healthy, right? What if I told you I could modify this traditional cuisine so that they not only taste good but are also fairly good for you?

Let me introduce you to a "healthy" version of this celebratory food so we can all indulge in the festivities of this holiday guilt-free. I know, I know,



Nutrition Notes by Natalie

I take the fun out of everything! Surprisingly enough, if you make a few tweaks to most any recipe, it transforms high fat, high sugar dishes into healthy, savory delights.

Starting with the shell! Instead of deep frying a thick tortilla shell handmade with shortening and flour, just use a basic corn tortilla brushed with olive oil and top with fresh whole shredded chicken breast and a cheddar cheese blend. Place in an oven on broil and grill until shell is slightly crispy and cheese is melted. Add shredded cabbage, a little cilantro, onion and tomato (or just pico de gallo to make it simple) and Viola!

Now, no holiday menu is complete without incorporating beverages. Let's introduce you to some easy festive drinks that are pleasing to the palate and low in sugar. Believe it or not, mixing together simple ingredients like fresh juice and sparkling water can make an excellent punch for any occasion. Here's a spin on one for the festivities. A basic Mexican punch is typically full of sugar laden ingredients like soda and simple syrups, but it's actually easy to make it differently. Start with a homemade "grenadine" by combining a couple tablespoons of sugar and pomegranate juice in a skillet over medium heat. Stir to help dissolve the sugar. Bring to a rapid boil and cook for a few minutes until thick. Squeeze in some lemon juice to bring out the tartness and cool. Add ½ cup of this homemade grenadine, the juice of a couple of oranges, a 12 ounce container of limeade with two 2 liter bottles of sparkling water. Pour over ice and add a slice of lime.

Next, let's put a spin on the traditional Mexican hot chocolate. Try some cocoa powder, a dash of cayenne pepper mixed with warm coconut milk. Stir in a cinnamon stick and add a few marshmallows for flare. Now come and join the millions who celebrate Cinco De Mayo this month while introducing your friends to some delicious, yet nutritious Mexican inspired cuisine.

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