





# August Menu 2025



**El Dorado County Senior Nutrition**  
**(530) 621-6160 or (530) 573-3130 (SLT)**  
**Area Agency on Aging**

**Lunch is a suggested voluntary contribution of \$3.00**

**Serving adults 60 years and older.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>The salt &amp; pepper shakers indicate a meal. that contains more. than 1000 mg of sodium</b> 	<b>To order an <u>alternative</u>, advanced notice by the Wednesday before the week of the change is required</b>	<b><u>Alternative meal options:</u></b> <ul style="list-style-type: none"> <li>• Creamy Carrot Soup</li> <li>• Spinach Ravioli with Alfredo Sauce</li> <li>• Manhattan Clam Chowder</li> <li>• Minestrone Soup</li> </ul>		1 Asian Pork Lettuce Wrap Stir-Fry Vegetables Whole Grain Roll Fresh Nectarine Chocolate Milk
4 Salisbury Steak Creamy Mashed Potatoes Italian Blend Vegetables Wheat Roll Fresh Peach Milk	5 Chicken Tacos with Cheese Mango Salsa Coleslaw Whole Wheat Tortillas Fresh Grapes Milk	6 Beef Stew with Potatoes Summer Squash & Carrots Whole Grain Corn Muffin with Honey Fresh Juicy Orange Milk	7 Turkey Wrap with Pepper Jack Cheese, Lettuce, Ranch Sun Chips Fresh Blueberries Chocolate Milk	8 Stuffed Bake Potatoes With Chili, Cheese Green Beans Honeydew melon Milk
11 Crispy Chicken Drumstick Mashed Potatoes Golden Corn Whole Grain Biscuit Nectarine Milk	12 Beef and Macaroni Casserole Cauliflower Florets Whole Grain Breadstick Juicy Pineapple Milk	13 Polish Sausage on Whole Wheat Bun, Red Potatoes Roasted Cabbage Crisp Apple Milk	14 Grilled Chicken Maui Salad with Cheese Citrus Vinaigrette Whole Grain Roll Gelatin Salad Juicy Peach Milk	15 Polynesian Meatballs Brown Rice Steamed Broccoli Florets Whole Grain Hawaiian Roll 100% Orange Juice Milk
18 Cold Tuna Sandwich Lettuce, Tomato Whole Wheat Bread Fruit Salad Milk	19 Burrito Bowl Brown Rice, Black Beans, Fajita Vegetables and Cheese, Salsa Whole Grain Tortilla Kiwi Milk	20 Meatloaf and Gravy Mashed Potatoes Honey Cinnamon Carrots Whole Grain Roll 100% Grape Juice Milk	21 Roasted Red Pepper Soup with Smoked Gouda Cheese Three Bean Salad Whole Grain Garlic Bread Fresh Juicy Plum Milk	22 Chef Salad with Cheese Cherry Tomatoes Whole Grain Roll Peanut Butter Cookie Fresh Cantaloupe Milk
25 BBQ Pulled Pork With Pineapple Coleslaw Baked Beans Whole Grain Hawaiian Roll Fresh Orange Milk 	26 Parmesan Chicken Whole Grain Penne Pasta Roasted Asparagus Watermelon Milk	27 Salmon With Tartar Sauce Red Potatoes Summer Squash Fresh Strawberries Milk	28 Cheeseburger with Swiss Whole Grain Bun Lettuce/Tomato/Onion Sweet Potato Fries Pear Cup Milk	29 Orange Chicken Fluffy Wild Rice Stir-Fry Vegetables Applesauce Milk

**To cancel a meal or to be placed on hold, please call (530) 621-6160 or for South Lake Tahoe, please call 530-573-3130**

**the day before or NO LATER THAN 8:00 AM. To order an alternative, advanced notice by the Wednesday before the week of the change is required.**

Placerville  
937 Spring St

El Dorado Hill  
990 Lassen Lane

Pioneer Park  
6740 Fairplay Rd

Pollock Pines  
2675 Sanders Dr

Georgetown  
6680 Orleans St

Cameron Park  
2502 County Club Dr

South Lake Tahoe  
3050 Lake Tahoe Blvd.