

Balanced meals for seniors in El Dorado County

Looking for something different for lunch, something homemade, fresh and affordable? Look no further than the casual and friendly dining centers of the El Dorado County Senior Nutrition Program. Adults 60 years or older will find fresh homemade entrees that change daily Monday through Friday, and served between noon–12:30pm for the suggested donation of \$3 per meal.

Enjoy a variety of tasty entrees carefully planned by a registered dietitian to meet one-third of an adult's recommended dietary intake.

Dining centers are located in South Lake Tahoe, Placerville, Diamond Springs, Pollock Pines, Greenwood, Somerset and El Dorado Hills.

For more information, call the Senior Nutrition Program at (530) 621.6160. To learn more about other senior programs and services call Senior Information and Assistance at (530) 621.6369.