



featuring...

KITCHENS for GOOD

The City of Encinitas partners with Kitchens for Good, a non-profit healthy meal production organization breaking the cycles of food waste, poverty, and hunger using innovations & social enterprise. Daily lunches are fresh and delicious for that perfect farm to table dining experience. These irresistible meals are prepared daily from scratch, using local organic produce whenever possible. We welcome people of all ages to make a reservation for a healthy meal and great comradery while at the Encinitas Parks & Recreation Café.

For reservations, please call (760) 943-2258 no later than 8am the day you wish to have lunch with us!

"We look forward to serving you!"

KITCHENS for GOOD CORE VALUES

- Nourish the Community • Sustainability
- Collaboration • Equality • Innovation

Join us at the Encinitas Community Center

1140 Oakcrest Park Drive

Encinitas, CA 92024



November 2016



Delicious farm-to-table food served M-F at the Encinitas Community & Senior Center's Parks and Recreation Café.

We look forward to seeing you soon.

Enjoy!



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>The Encinitas Parks and Recreation Café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independent Services and supported by the City of Encinitas and general meal donations. No eligible person shall be denied a meal because of failure or inability to contribute.</p> <p>WELCOME!</p> | <p>1 **Main: Beef Chili, Pinto Beans, Chuck Wagon Corn, Salad, Roll *Or Soup/ Salad: Chicken Soup, Pasta Salad w/ Feta on Romaine, Roll Dessert: Banana</p> | <p>2 *Main: Baked Chicken, Roasted Potatoes & Zucchini, Salad, Roll *Or Soup/ Salad: Vegetable Soup, Egg Salad on Romaine, Roll Dessert: Navel Orange</p> | <p>3 *Main: Tuna Casserole, Egg Noodles, Steamed Peas & Carrots, Salad *Or Soup/ Salad: Mushroom Soup, Ham & Cheese on Whole Wheat Dessert: Diced Fruit</p> | <p>4 **Main: Pork Tacos Topped w/ Coleslaw, Spanish Brown Rice, Salad **Or Soup/ Salad: Tomato & Rice Soup, Tuna Salad on Romaine Dessert: Apple</p> |
| <p>7 *Main: Oven Fried Chicken, Roasted Sweet Potatoes, Mixed Vegetables, Salad, Roll *Or Soup/ Salad: Lentil Soup, Egg Salad on Romaine, Roll Dessert: Banana</p> | <p>8 HOT FUDGE SUNDAE PARTY *Main: Roasted Salmon, Brown Rice, Steamed Peas, Salad *Or Soup/ Salad: Cream of Mushroom Soup, Chicken Salad on Romaine, Roll Dessert: Navel Orange</p> | <p>9 **Main: Meatloaf, Baked Potato, California Blend Vegetables, Salad, Roll **Or Soup/ Salad: Cream of Broccoli Soup, Turkey Sandwich on Whole Wheat Dessert: Apple</p> | <p>10 **Main: Baked Ziti w/ Meat Sauce, Roasted Zucchini, Salad *Or Soup/ Salad: Chicken Noodle Soup, Roasted Vegetables and Cheese on Whole Wheat Dessert: Tropical Fruit</p> | <p>11 <p style="text-align: center;">CLOSED IN OBSERVANCE OF VETERANS DAY</p> </p> |
| <p>14 **Main: Beef Soft Taco, Refried Beans, Roasted Squash, Salad *Or Soup/ Salad: Split Pea Soup, Ham & Cheese Sandwich on Whole Wheat Dessert: Navel Orange</p> | <p>15 **Main: Shredded Pork, Roasted Potatoes, Steamed Corn, Salad, Roll **Or Soup/ Salad: Barley Soup, Chicken Salad on Romaine Dessert: Apple</p> | <p>16 BINGO **Main: Teriyaki Chicken, Brown Rice, Roasted Broccoli, Salad *Or Soup/ Salad: Roasted Vegetable Soup, Tuna Salad on Romaine, Roll Dessert: Pineapple Chunks</p> | <p>17 *Main: Ham Steak, Sweet Potatoes, Steamed Green Beans, Salad, Roll *Or Soup/ Salad: Lentil Soup, Egg Salad on Romaine Dessert: Navel Orange</p> | <p>18 *Main: Pesto Baked Chicken, Pasta, Tossed Salad **Or Soup/ Salad: Minestrone Soup, Turkey Sandwich on Whole Wheat Dessert: Diced Fruit</p> |
| <p>21 *Main: Baked Tilapia, Brown Rice, Roasted Vegetable Blend, Salad *Or Soup/ Salad: Beef & Barley Soup, Strawberry Salad w/ Cottage Cheese on Romaine Dessert: Banana</p> | <p>22 *Main: Chicken Cacciatore, Pasta, Tossed Salad *Or Soup/ Salad: Mushroom Soup, Turkey Sandwich on Whole Wheat Dessert: Navel Orange</p> | <p>23 THANKSGIVING PARTY **Main: Roasted Turkey, Mashed Potatoes & Gravy, Green Beans, Cranberry Sauce, Salad, Roll *Or Soup/ Salad: Chicken & Rice Soup, Egg Salad on Mixed Greens Dessert: Pumpkin Pie</p> | <p>24 <p style="text-align: center;">CLOSED IN OBSERVANCE OF THANKSGIVING DAY</p> </p> | <p>25 <p style="text-align: center;">CLOSED IN OBSERVANCE OF THANKSGIVING DAY AFTER</p> </p> |
| <p>28 **Main: Sweet & Sour Pork, Brown Rice, Roasted Zucchini, Salad **Or Soup/ Salad: Tomato Soup, Roast Beef Sandwich on Whole Wheat Dessert: Diced Fruit</p> | <p>29 *Main: Spinach Quiche, Steamed Corn, Salad, Roll *Or Soup/ Salad: Beef & Vegetable Soup, Grilled Vegetable Wrap on Whole Wheat Tortilla Dessert: Navel Orange</p> | <p>30 *Main: Beef Tips, Brown Rice, Steamed Broccoli, Salad, Roll *Or Soup/ Salad: Carrot Soup, Chicken Salad on Romaine Dessert: Apple Crisp</p> | <p style="text-align: center;">FOR RESERVATIONS OR CANCELLATIONS call before 8:00 AM, 760-943-2258 Suggested Donation: 60+ \$4.00 Fee: Under 60 \$6.00 Check in by 11:30 AM Lunch Served at 11:40 AM Choose the main meal OR the soup/salad/sandwich ~ Dessert is served with all lunch *Sodium Meals: 300-500mg **More than 500mg</p> | |