



June 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chili con Carne Mixed Rice Corn ORANGE</p>	<p>2</p> <p>Chicken in Coconut Sauce Mixed Rice Oriental Blend WHOLE FRUIT</p>	<p>3</p> <p>Baked Ziti  with Italian Sausage Spinach Garbanzo Beans with Tomatoes</p>	<p>4</p> <p>Chicken Marsala Parsley Potatoes California Vegetables Whole Wheat Bread WHOLE FRUIT</p>	<p>5</p> <p>Cuban Ropa Vieja (Shredded beef with red peppers, cilantro & olives) Mixed Rice Black Beans ORANGE</p>
<p>8</p> <p>Beef Stew Carrots, Celery, Onion Parsley Potatoes Mixed Vegetables Whole Wheat Bread WHOLE FRUIT</p>	<p>9</p> <p>Chicken with Mushroom Cream Sauce Mixed Rice and Lentil Pilaf Green Beans ORANGE</p>	<p>10</p> <p>Thai Pork with Peanut Sauce Mixed Rice Oriental Blend WHOLE FRUIT</p>	<p>11</p> <p>Shepherd's Pie Mashed Potato Topping Peas & Carrots Corn Whole Wheat Bread WHOLE FRUIT</p>	<p>12</p> <p>Chicken Parmesan  Spaghetti Marinara Sauce Spinach Whole Wheat Bread WHOLE FRUIT</p>
<p>15</p> <p>Tangerine Beef Ginger, Bamboo Shoots, Scallions Mixed Rice Oriental Blend Vegetables</p>	<p>16</p> <p>BBQ Chicken Mashed Potatoes & Gravy Spinach Whole Wheat Bread WHOLE FRUIT</p>	<p>17</p> <p>Pork with Orange & Blue Poppy Sauce Mixed Rice California Vegetables WHOLE FRUIT</p>	<p>18</p> <p>Mediterranean Chicken Tomato & Eggplant Sauce Whole Wheat Penne Manhattan Blend</p>	<p>19</p> <p>Happy Father's Day Salisbury Steak With Mushroom Sauce Mashed Potatoes Peas & Carrots ORANGE</p>
<p>22</p> <p>Garlic Chicken Herb Butter Sauce Mixed Rice Broccoli WHOLE FRUIT</p>	<p>23</p> <p>Meatloaf Mashed Potatoes, Gravy Stewed Tomatoes Peas & Carrots Whole Wheat Bread</p>	<p>24</p> <p>Tilapia with Lemon Caper Sauce Spinach Mixed Rice & Lentil Pilaf WHOLE FRUIT</p>	<p>25</p> <p>Roast Beef  Mashed Potatoes & Gravy Green Beans WHOLE FRUIT</p>	<p>26</p> <p>Spaghetti & Meatballs  Marinara Sauce California Blend Garlic Bread WHOLE FRUIT</p>
<p>29</p> <p>Beef Tacos Cumin Mixed Rice Black Beans, Corn & Cilantro Tortilla ORANGE</p>	<p>30</p> <p>Chicken with Red Pesto Sauce Wheat Pasta Spinach WHOLE FRUIT</p>			<p>Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024</p>

SENIOR NUTRITION INFORMATION

RESERVATIONS



Call 760-943-2258
by 9:00 a.m. the day
before your visit

(For Monday reservations, calls need to be made by Friday)

Curbside Pickup


All meals will be distributed via curbside pickup.
Lunch is distributed between 11:30 a.m.—12:30 p.m.
(Please remain in your vehicles at all times)

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered.

For more information please call 760-943-2258.

Menu subject to change without prior notice.

 Indicates sodium content over 1,000 mg.

1 % Milk served daily

The café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independence Services and supported by the City of Encinitas and general meal donations.

No eligible person shall be denied a meal because of inability to contribute.