



# March 2021 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Beef Stroganoff</b> With Noodles Manhattan Veggies Whole Wheat Bread Whole Fruit 1% Milk	<b>2</b> <b>Chicken w/Pesto Cream Sauce</b> Wheat Pasta Broccoli Whole Fruit 1% Milk	<b>3</b> <b>French Dip</b>  Roast Beef w/ Au Jus Creamed Spinach Parsley Potatoes Wheat Roll Whole Fruit 1% Milk	<b>4</b> <b>Cheese Ravioli</b> Bolognese Sauce (ground beef, tomatoes, onions, carrots) California Veggies Apple Compote Granola Bar & Milk	<b>5</b> <b>Southwest Chicken</b> w/mild green chiles, red peppers, cilantro & cheese Cumin Mixed Rice Black Beans Orange & 1% Milk
<b>8</b> <b>Chicken Korma</b> w/Turmeric, Ginger and Coconut Sauce Mixed Rice Spinach Orange 1% Milk	<b>9</b> <b>Texas BBQ Beef</b> Parsley Potatoes Broccoli Whole Wheat Bread Whole Fruit 1% Milk	<b>10</b> <b>Italian Sausage &amp; Peppers</b>  Marinara Sauce Wheat Penne Manhattan Blend Whole Fruit 1% Milk	<b>11</b> <b>Chicken Cacciatore</b> Wheat Pasta Broccoli & Carrots Orange 1% Milk	<b>12</b> <b>Lemon Chicken Pasta Primavera</b> Wheat Pasta tossed w/Broccoli, Squash, Red Peppers, Tomatoes & Parsley Fruit & 1% Milk
<b>15</b> <b>Turkey Chili</b> on 1/2 a baked potato w/cheese Mixed Rice Broccoli Whole Fruit 1% Milk	<b>16</b> <b>Chicken Pot Pie</b> (potatoes, carrots, celery, onions, parsley) Mashed Potatoes Peas & Carrots Whole Wheat Bread Whole Fruit 1% Milk	<b>17</b> <b>St. Patrick's Day Corned Beef</b>  Cabbage Boiled Potatoes Carrots Whole Wheat Bread Whole Fruit 1% Milk	<b>18</b> <b>Pork Zurichoise</b> Diced pork in a cream sauce, Noodles, Spinach Whole Wheat Bread Orange 1% Milk	<b>19</b> <b>Ground Beef Picadillo</b> Mixed Rice Black Beans Corn Orange 1% Milk
<b>22</b> <b>Chicken Aurora</b> Brandied Sun-Dried Tomato Cream Sauce Wheat Pasta Broccoli Whole Fruit 1% Milk	<b>23</b> <b>Meatloaf</b> Ground Beef & Pork, Mashed Potatoes, Gravy, Peas & Carrots, Whole Wheat Bread Whole Fruit 1% Milk	<b>24</b> <b>Pork Loin with Tarragon Mustard Sauce</b> Sweet Potatoes, Green Beans, Whole Wheat Bread Whole Fruit & 1% Milk	<b>25</b> <b>Spaghetti &amp; Italian Meatballs</b>  Beef, Chicken & Parmesan Marinara Sauce, Spinach Whole Fruit 1% Milk	<b>26</b> <b>Tilapia Nicoise</b> w/Tomatoes, Red Peppers & Olives Parsley Potatoes Manhattan Blend Whole Wheat Bread Fruit & 1% Milk
<b>29</b> <b>Salisbury Steak</b> Ground Beef with Mushroom Sauce Mashed Potatoes Carrots Whole Wheat Bread Orange & 1% Milk	<b>30</b> <b>Chicken Florentine</b> w/Spinach, Ricotta and Mozzarella, Whole Wheat Penne Italian Vegetables Whole Fruit 1% Milk	<b>31</b> <b>Ham with Apricot Sauce</b>  Sweet Potatoes Peas Whole Wheat Bread Whole Fruit 1% Milk	<b>Location</b> Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024 760-943-2258	<b>Menu subject to change</b>  Denotes meal with more than 1000 mg Sodium

## SENIOR NUTRITION INFORMATION

### RESERVATIONS



Call **760-943-2258**

by **9:00 a.m.** the working day before your requested meal.

For Monday meals, reservations need to be placed  
no later than 9 a.m. on Friday.



### Curbside Pickup

During the COVID-19 pandemic, meals are distributed curbside at the Encinitas Senior Center by trained staff wearing gloves and masks for your protection. Lunch is distributed from 11:30 a.m. to 12:30 p.m. Monday through Friday except city holidays.

### Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered by trained staff members adhering to COVID-19 health protocols. For more information call 760-943-2258.

**Suggested Meal donation for Seniors 60+ is \$4 per meal (anonymous).**

Menu subject to change without prior notice. The Encinitas Senior Center is located at 1140 Oakcrest Park Drive in Encinitas, CA 92024.

The Encinitas Senior Café is supported by the Older Americans Act grant funds, awarded through the County Aging & Independence Services, the City of Encinitas, and general meal donations.

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