

# June 2021

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
|    | <b>1</b><br><b>Chicken with Eggplant Pesto</b><br>Wheat Pasta<br>Broccoli<br>Carrots<br>Whole Fruit<br>1% Milk                                   | <b>2</b> <br><b>Roast Beef</b><br>Mashed Potatoes<br>Gravy<br>Spinach<br>Whole Wheat Bread<br>Whole Fruit<br>1% Milk | <b>3</b><br><b>Cheese Ravioli with Bolognese Sauce</b><br>(beef, tomatoes, onions & carrots)<br>California Veggies<br>Apple Compote<br>Granola Bar<br>1% Milk | <b>4</b><br><b>Southwest Chicken</b><br>w/mild green chiles, red pepper, cilantro & cheese<br>Cumin Mixed Rice<br>Black Beans<br>Orange & 1% Milk  |
|  | <b>7</b><br><b>Chicken Gumbo</b><br>Mixed Rice<br>Spinach<br>Orange<br>1% Milk   | <b>8</b><br><b>Honey Mustard Glazed Pork Loin</b><br>Sweet Potatoes<br>Green Beans<br>Whole Wheat Bread<br>Fruit & 1% Milk  | <b>9</b><br><b>Beef Stew</b><br>w/ carrots<br>Parsley Potatoes<br>Mixed Veggies<br>Whole Wheat Bread<br>Fruit & 1% Milk                                       | <b>10</b> <br><b>Italian Sausage &amp; Peppers</b><br>Marinara Sauce<br>Wheat Penne<br>Italian Veggies<br>Fruit & 1% Milk |
| <b>14</b><br><b>Chili Con Carne</b><br>with Cheese<br>Mixed Rice<br>Broccoli<br>Whole Fruit<br>1% Milk   | <b>15</b><br><b>Roast Turkey</b><br>Mixed grain Stuffing with cranberries<br>Sweet Potatoes<br>Green Beans<br>Whole Fruit<br>1% Milk             | <b>16</b><br><b>Zucchini Parmesan with Eggplant</b><br>Bolognese Sauce<br>Whole Wheat Pasta<br>Spinach<br>Whole Fruit<br>1% Milk  | <b>17</b><br><b>Chicken a la King</b><br>in a mushroom cream sauce<br>Peas & Carrots<br>Mixed Rice<br>Orange<br>1% Milk                                       | <b>18</b><br><b>BBQ Beef</b><br>Horseradish Mashed Potatoes<br>Broccoli<br>Whole Wheat Bread<br>Whole Fruit<br>1% Milk   |
| <b>21</b><br><b>Chicken Tapenade</b><br>Kalamata Olive Pesto<br>Wheat Pasta<br>Zucchini & Tomato<br>Orange<br>1% Milk  | <b>22</b><br><b>Meatloaf</b><br>(ground beef & pork)<br>Mashed Potatoes & Gravy<br>Peas & Carrots<br>Whole Wheat Bread<br>Whole Fruit<br>1% Milk | <b>23</b><br><b>Ginger Chicken</b><br>Mixed rice<br>Manhattan Veggie blend<br>Whole Fruit<br>1% Milk  | <b>24</b><br><b>Pork with White Bean Cassoulet w/ rosemary &amp; tomatoes</b><br>Collard greens<br>Corn<br>Whole Wheat Bread<br>Whole Fruit<br>1% Milk        | <b>25</b> <br><b>Krabby Cake</b><br>Herbed Quinoa<br>With sundried tomatoes<br>Corn & Red peppers<br>Orange<br>1% Milk  |
| <b>28</b><br><b>Salisbury Steak</b><br>(Ground beef with mushroom sauce)<br>Mashed potatoes<br>Peas & carrots<br>Whole Wheat Bread<br>Whole fruit<br>1% Milk | <b>29</b><br><b>Chicken Florentine</b><br>with spinach, ricotta & mozzarella<br>Whole Wheat Penne<br>Italian Veggies<br>Whole Fruit<br>1% Milk   | <b>30</b><br><b>Stir Fried Beef</b><br>with broccoli, mushroom & bamboo shoots<br>Mixed Rice<br>Gingered Carrots<br>Orange<br>1% Milk   | <b>Location</b><br>Encinitas Senior Center<br>1140 Oakcrest Park Drive<br>Encinitas, CA 92024<br>760-943-2258   | <b>Menu subject to change</b><br> Denotes meal with more than 1000 mg Sodium  |

## SENIOR NUTRITION INFORMATION

### RESERVATIONS

Call the reservation line at **760-943-2258** by **9:00 a.m.** the 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 adhering to COVID-19 health protocols.

**Suggested Meal donation for Seniors 60+ is \$4 per meal (anonymous).**  
Under 60, non-senior meal fee is \$6.50.

### How Are We Doing?

Compliments, suggestions, and grievances about this program are welcomed via phone or mail. Let us know how we can best serve you.

The Encinitas Senior Café is supported by the City of Encinitas, meal donations and the Older Americans Act grant funds, awarded through the County Aging & Independence Services,  
**No eligible person shall be denied a meal because of inability to contribute.**