



July 2021 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>HAPPY 4th of July</p>	<p>Location Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024 760-943-2258</p>	<p>Menu subject to change without notice</p> <p> Denotes meal with more than 1000 mg Sodium</p>	<p>1</p> <p>Spaghetti Bolognese (ground beef, tomatoes, onions, carrots) Spinach Chickpea stew with tomato & basil Whole Fruit 1% Milk</p>	<p>2</p> <p>Hamburger Onions & peppers Burger roll Cannellini beans with garlic & Rosemary Broccoli Whole Fruit 1% Milk</p>
<p>The Senior Nutrition Program is closed in observance of Independence Day.</p>	<p>6</p> <p>Pork Loin with Mixed Berry Sauce Sweet Potatoes Green Beans Whole Wheat Bread Whole Fruit 1% Milk</p>	<p>7</p> <p>Beef Bourguignon With bacon, onions, mushrooms Parsley potatoes Peas & carrots Whole Wheat Bread Whole Fruit 1% Milk</p>	<p>8</p> <p> Swedish Meatballs Creamy dill sauce Wheat penne Italian vegetables Whole Fruit 1% Milk</p>	<p>9</p> <p>Thai Chicken Ginger, cilantro & coconut milk Mixed rice Spinach Orange 1% Milk</p>
<p>12</p> <p>Sweet & Sour Pork Peppers, onions, pineapple Mixed rice California blend Whole Fruit 1% Milk</p>	<p>13</p> <p>Chicken Aurora Brandy cream sauce with sun-dried Tomatoes Wheat pasta Zucchini Orange 1% Milk</p>	<p>14</p> <p>Pepper Steak Mashed potatoes Broccoli & carrots Whole wheat bread Whole Fruit 1% Milk</p>	<p>15</p> <p>Coq au Vin Chicken in a wine sauce Peas & carrots Parsley potatoes Whole fruit 1% Milk</p>	<p>16</p> <p>Cuban Ropa Vieja Shredded beef & pork, peppers & onions Cumin mixed rice Black beans & corn Orange 1% Milk</p>
<p>19</p> <p>Chicken Portuguese with tomatoes, onions, green olives & parsley Wheat pasta Zucchini Orange 1% Milk</p>	<p>20</p> <p>Meatloaf Ground beef & pork Mashed potatoes & gravy Peas & carrots Whole wheat bread Whole fruit 1% Milk</p>	<p>21</p> <p>Tilapia with Mango Sauce Mixed coconut rice Manhattan blend Whole fruit 1% Milk</p>	<p>22</p> <p>BBQ Pulled Pork Garnished with cabbage Sweet potatoes Corn Whole wheat bread Whole fruit 1% Milk</p>	<p>23</p> <p>Butter Chicken Marinated in yogurt with onion, ginger, garlic, cumin, turmeric, cream, butter, tomatoes, chicken stock & cilantro Spinach Orange 1% Milk</p>
<p>26</p> <p>Steak/Mushroom Shepherd's Pie Mashed potatoes Peas & carrots Stewed tomatoes Whole wheat bread Whole fruit 1% Milk</p>	<p>27</p> <p>Chicken Piccata With lemon butter sauce & capers Whole wheat penne Italian vegetables Orange 1% Milk</p>	<p>28</p> <p>Korean Beef Ground beef, soy sauce, scallions & ginger Mixed rice Sesame green beans Orange 1% Milk</p>	<p>29</p> <p>Creamy Chicken with Mushrooms Parsley potatoes Spinach Whole fruit 1% Milk</p>	<p>30</p> <p>Thinly Sliced Roast Pork Au Jus Sweet potatoes Broccoli Whole wheat bread Whole fruit 1% Milk</p>



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.**

Suggested meal donation for Seniors 60+ is \$4 per meal, anonymous.

Guest and non-senior, under 60, meal fee is \$6.50.

VAN TRANSPORTATION

Van transportation to and from the lunch program, is available for qualified participants, who have an approved application on file.

Must be an Encinitas resident age 60+ with no other means of transportation.

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.