

October 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Location</p> <p>Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024</p>	<p>Menu subject to change</p> <p> Denotes meal \geq 1000 mg Sodium</p> <p>1% Milk served daily</p>		<p>1</p> <p>Bratwurst </p> <p>in beer & onion chutney</p> <p>Sauerkraut, Mashed Potatoes & Gravy</p> <p>Carrots, Wholegrain Bread, Whole Fruit</p>	<p>2</p> <p>Chicken Marsala</p> <p>Mixed Rice</p> <p>Broccoli</p> <p>Whole Fruit</p>
<p>5</p> <p>Beef Stew</p> <p>Parsley Potatoes</p> <p>Carrots</p> <p>Mixed Vegetables</p> <p>Whole Wheat Bread</p> <p>Whole Fruit</p>	<p>6</p> <p>Thai Chicken with Bok Choy & Peppers</p> <p>Mixed Rice</p> <p>Green Beans</p> <p>Orange</p>	<p>7</p> <p>Pulled Pork with Wild Berry Mojito BBQ Sauce</p> <p>Garnished with cabbage</p> <p>Sweet Potatoes, Corn</p> <p>Wholegrain Bread</p> <p>Whole Fruit</p>	<p>8</p> <p>Swedish Meatballs With Creamy Dill Sauce </p> <p>Parsley Potatoes</p> <p>Peas</p> <p>Whole Wheat Bread</p> <p>Whole Fruit</p>	<p>9</p> <p>Chicken with Sun-dried tomato & eggplant pesto</p> <p>Whole Wheat Pasta</p> <p>Spinach</p> <p>Orange</p>
<p>12</p> <p>Fish in Coconut Sauce Zucchini & Peppers</p> <p>Corn</p> <p>Mixed Rice & Lentil Pilaf</p> <p>Whole Fruit</p>	<p>13</p> <p>Ginger Beef</p> <p>Ginger, Bamboo Shoots, Scallions</p> <p>Mixed Rice</p> <p>Manhattan Blend Vegetables</p> <p>Whole Fruit</p>	<p>14</p> <p>Cheese Ravioli</p> <p>Meat Sauce</p> <p>Italian Vegetables</p> <p>Chick Pea & Tomatoes</p> <p>Wheat Bread</p> <p>Orange</p>	<p>15</p> <p>Moroccan Chicken</p> <p>Apricot Sauce</p> <p>Herbed Rice Mixture</p> <p>Spinach</p> <p>Orange</p>	<p>16</p> <p>Krabby Cake </p> <p>Pasta Alfredo</p> <p>California Vegetables</p> <p>Whole Fruit</p>
<p>19</p> <p>Chicken Gumbo </p> <p>with Sausage, Okra, Tomatoes, Peppers</p> <p>Mixed Rice, Spinach & Collard Greens</p> <p>Whole Fruit</p>	<p>20</p> <p>Meatloaf</p> <p>Mashed Potatoes, Gravy, Peas & Carrots</p> <p>Whole Wheat Bread</p> <p>Orange</p>	<p>21</p> <p>Chicken Parmesan </p> <p>Breaded Chicken Breast topped with Cheese and Marinara Sauce</p> <p>Manhattan Blend, Wheat Pasta</p> <p>Whole Fruit</p>	<p>22</p> <p>Steak & Mushroom Shepherd's Pie</p> <p>Mashed Potato Topping</p> <p>Peas & Carrots</p> <p>Whole Wheat Bread</p> <p>Whole Fruit</p>	<p>23</p> <p>Chicken Piccata</p> <p>Wheat Pasta</p> <p>Green Beans</p> <p>Carrots</p> <p>Whole Fruit</p>
<p>26</p> <p>Pepper Steak</p> <p>Mixed Rice, Broccoli, Carrots</p> <p>Orange</p>	<p>27</p> <p>Paprika Chicken</p> <p>Paprika Cream Sauce</p> <p>Parsley Potatoes</p> <p>Mixed Vegetables</p> <p>Whole Wheat Bread</p> <p>Whole Fruit</p>	<p>28</p> <p>Roast Pork</p> <p>Apple Sage Sauce</p> <p>Sweet Potatoes, Green Beans,</p> <p>Wholegrain Bread</p> <p>Whole Fruit</p>	<p>29</p> <p>Chicken a l'Orange Mixed Rice Pilaf</p> <p>California Vegetables</p> <p>Whole Fruit</p>	<p>30</p> <p>Hamburger</p> <p>Mushroom & Onion Sauce</p> <p>Mashed Potatoes</p> <p>Peas, Whole Wheat Bread</p> <p>Orange</p>

SENIOR NUTRITION INFORMATION

RESERVATIONS



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

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

Curbside Pickup

During the COVID-19 pandemic, meals are distributed via curbside pickup at the Encinitas Senior Center by trained staff wearing gloves and masks for your protection.

Lunch is distributed curbside between 11:30 a.m.—12:30 p.m. Monday through Friday except city holidays

(Please remain in your vehicles at all times)

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 please call 760-943-2258.

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