

# July 2022 Menu

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| <p><b>Location:</b><br/>Encinitas Senior Center<br/>1140 Oakcrest Park Drive<br/>Encinitas, CA 92024</p>                  |  <p>Denotes meal with more than 1000 mg sodium</p>                     |  | <p><b>Note: 1% Milk served daily</b></p>   | <p><b>1 BIRTHDAY CELEBRATION!</b></p> <p><b>BBQ Chicken</b> <br/>Garlic-Roasted Potatoes<br/>Mixed Vegetables<br/>Watermelon</p> |
| <p><b>4 Closed for 4th of July</b></p>    | <p><b>5 Beef Stroganoff</b><br/>Mixed WG Pasta<br/>Spinach<br/>Beets<br/>Pineapple</p>  | <p><b>6 Pork Loin with Apple Chutney</b><br/>Potato Gratin<br/>Manhattan-Vegetables<br/>Blueberry Muffin<br/>Apple</p>         | <p><b>7 Theme Party: Luau</b> </p> <p><b>Sweet &amp; Sour Chicken</b><br/>with Pineapple, Peppers &amp; Onion<br/>Mixed Rice<br/>Green Beans<br/>Orange</p> | <p><b>8 Beef &amp; Chickpea Curry</b><br/>Sweet Potatoes<br/>Zucchini &amp; Yellow Squash<br/>Whole Wheat Bread<br/>Banana</p>  |
| <p><b>11 Turkey Quinoa Meatloaf</b><br/>Tomato Red-Pepper Sauce<br/>Spinach<br/>Lentils<br/>Wheat Bread<br/>Pineapple</p> | <p><b>12 Pasta Primavera w/ Lemon Chicken</b><br/>Mixed Pasta tossed with Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley<br/>Apple</p> | <p><b>13 Chicken Gumbo</b><br/>with Tomatoes &amp; Okra<br/>Mixed Rice<br/>Green Beans<br/>Orange</p>                          | <p><b>14 Beef Burgundy</b><br/>Parsley Potatoes<br/>Peas &amp; Carrots<br/>WW Bread<br/>Banana</p>   | <p><b>15 Hamburger</b><br/>Sauteed Mushrooms &amp; Onions<br/>White Wheat Roll<br/>Sweet Potatoes<br/>Corn <br/>Watermelon</p> |
| <p><b>18 Chicken Bearnaise</b><br/>Mixed Rice Pilaf<br/>Zucchini, Tomato<br/>Mandarin Oranges</p>                         | <p><b>19 BINGO (B4)</b><br/><b>Sweet Chili Glazed Pork</b><br/>WG Macaroni &amp; Cheese<br/>Collard Greens<br/>Applesauce</p>                           | <p><b>20 Ginger Beef</b><br/>With Ginger, Scallions, Cabbage<br/>Mixed Rice<br/>Broccoli &amp; Carrots<br/>Pineapple</p>       | <p><b>21 Cheese Tortellini With Chicken</b><br/>Sun-dried Tomato<br/>Cream Sauce<br/>Spinach<br/>WW Bread<br/>Orange</p>   | <p><b>22 Steak &amp; Mushroom Shepherd's Pie</b><br/>w/ Mashed Potato Topping<br/>Peas &amp; Carrots<br/>Kidney Beans<br/>Banana<br/>Granola Bar</p>  |
| <p><b>25 Vegetarian Chili</b><br/>On a ½ Baked Potato<br/>With Cheese<br/>Mixed Rice<br/>Broccoli<br/>Watermelon</p>      | <p><b>26 Tarragon Chicken</b><br/>Mixed Pasta<br/>Collard Greens<br/>Apple</p>  | <p><b>27 Meatloaf</b><br/>Beef &amp; Pork<br/>Mashed Potatoes, Gravy<br/>Mixed Vegetables<br/>Whole Wheat Bread<br/>Orange</p> | <p><b>28 Stir Fried Chicken</b><br/>With Bean Sprouts, Bamboo Shoots<br/>Mixed Rice<br/>Broccoli &amp; Carrots<br/>Pineapple</p>   | <p><b>29 Roast Turkey</b><br/>Gravy<br/>Sweet Potatoes<br/>Green Beans<br/>Whole Wheat Bread<br/>Banana </p>                   |



## SENIOR NUTRITION INFORMATION

### Reservations/Cancellations

To make a reservation call the Lunch Reservation Line at  
**760-943-2258.**

Reservations are required and may be made up until  
9:00 a.m. the day before you would like to have lunch.  
Monday reservations are due no later than 9 a.m. the Friday prior.

Check-in for lunch between 11:00 a.m. and 11:30 a.m.  
Lunch is served at 11:40 a.m.

Suggested contribution for Seniors 60+ is \$4 per meal, anonymous.  
Guest and non-senior, under 60, meal fee is \$7.00

### 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.

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

The Encinitas Senior Nutrition Program is supported by the City of Encinitas, meal  
donations, and the Older Americans Act grant funds which are awarded through San  
Diego County Aging & Independence Services.