## July 2022 Menu

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