







April 2021 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change</p> <p> Denotes meal with more than 1000 mg Sodium</p>	<p>Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024 760-943-2258</p>		<p>1 Moroccan Chicken w/ Apricots Mixed Rice & Lentil Pilaf Zucchini & Tomatoes Orange 1% Milk</p>	<p>2 BBQ Chicken Sweet Potatoes Green Beans Whole Wheat Bread Whole Fruit 1% Milk</p>
<p>5 Tarragon Chicken Parsley Potatoes Peas & Carrots Whole Wheat Bread Whole Fruit 1% Milk</p>	<p>6 Korean Beef with Tofu, Scallions, Mixed Rice Broccoli & Carrots Whole Fruit 1% Milk</p>	<p>7 Chicken Chili Verde with White Beans Mixed Rice California Vegetables Whole Fruit 1% Milk</p>	<p>8 Roast Turkey  Mixed Grain Stuffing Mashed Potatoes & Gravy Italian Vegetables Whole Fruit & 1% Milk</p>	<p>9 Cheese Tortellini w/ Chicken & Sundried Tomato Cream Sauce Zucchini & Tomatoes Corn Whole Wheat Bread Orange & 1% Milk</p>
<p>12 Chicken Chow Mein (w/cabbage, celery, carrots, scallions & noodles) Mixed Rice Broccoli & Carrots Whole Fruit 1% Milk</p>	<p>13 Meatloaf Mashed Potatoes & Gravy California Veggies Whole Wheat Bread Whole Fruit 1% Milk</p>	<p>14 Chicken & Sausage Paella with Shrimp Mixed Rice Green Beans Orange 1% Milk</p>	<p>15 Hamburger w/ Mushrooms & Onions Mashed Potatoes Peas Whole Wheat Bread Whole Fruit 1% Milk</p>	<p>16  Swedish Meatballs (Ground Beef & Chicken Meatballs in a Creamy Dill Sauce) Whole Wheat Pasta Manhattan Veggies Whole Fruit 1% Milk</p>
<p>19 Beef Fajitas w/ Peppers & Onions Cumin Mixed Rice Black Beans w/ Corn & Cilantro Orange 1% Milk</p>	<p>20 Dijon Chicken w/Mustard Cream Sauce, Boiled Potatoes Broccoli & Carrots Whole Wheat Bread Whole Fruit 1% Milk</p>	<p>21 Spaghetti Bolognaise (Beef Sauce), Spinach Mixed Vegetables Whole Fruit Granola Bar 1% Milk</p>	<p>22 Pork Loin w/Apple Chutney Sweet Potatoes Green Beans Whole Wheat Bread Whole Fruit 1% Milk</p>	<p>23 Tilapia w/Mango Sauce Zucchini Coconut Mixed Rice Orange 1% Milk</p>
<p>26 Beef Burgundy (red wine, potatoes, onion, mushrooms & bacon) Barley Peas Whole Fruit 1% Milk</p>	<p>27 Margarita Chicken w/ Salsa Fresca Mixed Rice Corn Orange 1% Milk</p>	<p>28 Pork in an Orange & Blue Poppy Sauce Parsley Potatoes Manhattan Veggies Wholegrain Bread Whole Fruit 1% Milk</p>	<p>29 Curry Chicken w/ Onions & Potatoes, Mixed Rice & Lentil Pilaf Spinach Orange 1% Milk</p>	<p>30 Steak & Mushroom Shepherd's Pie Mashed Potatoes Whole Wheat Bread Peas & Carrots 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.**



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.