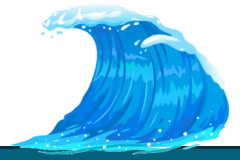




June 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Location: Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024	 Denotes meal with more than 1000 mg sodium	1 Thai Chicken Sesame WG Noodles w/ Cabbage, Carrots & Scallions Green Beans Mandarin Oranges	2 Beef Burgundy Parsley Potatoes Peas & Carrots Whole Wheat Bread Apple	3 Eggplant Parmesan Red Pepper-Tomato Sauce, Mozzarella WG Pasta Garbanzo Beans Spinach WG Breadstick Watermelon
6 Creamy Chicken Dijon Mixed Rice Normandy Vegetables Apple	7 Beef Stroganoff WG Pasta Mixed Vegetables Whole Wheat Roll Mandarin Oranges	8 Swedish Meatballs Beef & Pork Creamy Dill Sauce Parsley Potatoes Spinach WW Bread Canned Pineapple	9 Orange Glazed Pork Loin Sweet Potatoes Curried Lentils WW Bread Apple Sauce	10 Paella w/ Chicken, Sausage & Shrimp, Red Peppers Mixed Rice Peas & Carrots Orange
13 Texas BBQ Beef Parsley Potatoes Carrots WG Breadstick Watermelon	14 Chicken Aurora Brandy Tomato Cream Sauce WG Pasta Manhattan Blend Canned Pineapple	15 Cuban Ropa Vieja Beef & Pork Peppers, Onions, Olives, Parsley Mixed Rice Black Beans Orange	16 Coq au Vin Chicken in Wine Sauce Mixed Rice Collard Greens Apple Sauce	17 Hamburger Sauteed Peppers & Onions, White Wheat Burger Roll, Garlic Roasted Potatoes, Broccoli Apple
20 Carne Asada Tacos Onion, Cilantro Corn Tortilla Cumin Roasted Carrots WG Rice Blend Mandarin Oranges	21 Spaghetti Bolognese WG Pasta Meat Sauce Sauteed Kale w/ Garlic Chickpea Tomato Stew Apple	22 Basque Chicken Peppers, Tomatoes, Onions, Olives Basque Potatoes w/ Garlic & Herbs Green Beans WW Bread Canned Pineapple	23 Meatloaf Beef & Pork Mashed Potatoes, Gravy California Blend Vegetables Whole Wheat Bread Banana	24 Tilapia Provençal Tomatoes, Olives WG Macaroni & Cheese Zucchini w/ Tomatoes, w/ Garlic & Basil Orange
27 Sweet & Sour Pork w/ Peppers, Onion, Pineapple WG Mixed Rice Broccoli, Carrots, Cauliflower Peaches	28 Chicken in Mushroom Cream Sauce On a ½ WG Biscuit Parsley Potatoes Spinach Apple	29 Shepherd's Pie Mashed Potato Topping Green Beans Stewed Tomatoes WW Bread Banana	30 Southwest Chicken Casserole Black Beans, Corn, Red Peppers, Cilantro & Cheese Mexican Rice Cumin Roasted Carrots Mandarin Oranges	Note: 1% Milk served daily 



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 10:30 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 \$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.

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

The Encinitas Senior Café 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.