



August 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stew w/ carrots, celery & onion Parsley Potatoes Mixed Vegetables Whole Wheat Bread WHOLE FRUIT	4 Curry Chicken Mixed Rice and Lentil Pilaf Green Beans ORANGE	5 Italian Roasted Pork Tomato Basil Sauce Whole Wheat Pasta Spinach WHOLE FRUIT	6 Salisbury Steak Sautéed onions Mashed Potatoes, Gravy Peas & Carrots Whole Wheat Bread WHOLE FRUIT	7 Margarita Chicken Salsa Fresca, Sour Cream Mixed Rice Black Beans, Corn & Red Pepper ORANGE
10 Chicken Paprika Parsley Potatoes Gravy Broccoli Whole Wheat Bread WHOLE FRUIT	11 Korean Beef ginger, scallions, bamboo shoots, cabbage Mixed Rice GINGERED CARROTS ORANGE	12 Chicken Breast Patty w/Mushrooms & Swiss Cheese California Vegetables Mashed Potatoes, Gravy Whole Wheat Bread WHOLE FRUIT	13 Greek Chicken Lemon Sauce Minted Rice & Bulgur Pilaf Spinach Chickpea & Tomato Stew ORANGE	14 Italian Sausage Whole Wheat Pasta Marinara Sauce Zucchini WHOLE FRUIT
17 Chicken Chow Mein w/ cabbage, celery, carrots, scallions, noodles Mixed Rice Broccoli & Carrots WHOLE FRUIT	18 Meatloaf Mashed Potatoes, Gravy Stewed Tomatoes Peas & Carrots Whole Wheat Bread WHOLE FRUIT	19 Fish Vera Cruz Peppers, onions & tomatoes Zucchini Mixed Rice & Lentil Pilaf ORANGE	20 Chicken Florentine with Spinach Bechamel Sauce Wheat Pasta Italian Vegetables WHOLE FRUIT	21 Sweet & Sour Meatballs Mixed Rice Manhattan Blend WHOLE FRUIT
24 Carne Asada Cumin Mixed Rice Black Beans Corn & Cilantro ORANGE	25 Dijon Chicken Mustard Cream Sauce Boiled Potatoes Peas Whole Wheat Bread WHOLE FRUIT	26 Pork with Apple Chutney Sweet Potatoes Green Beans Wholegrain Bread WHOLE FRUIT	27 Chili con Carne Mixed Rice California Vegetables WHOLE FRUIT	28 Cheese Ravioli Meat Sauce Spinach Stewed Chickpeas & Tomatoes Wholegrain Bread Whole fruit
31 Creamy Chicken Stew With potatoes, celery & carrots Barley Peas ORANGE			Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024	Menu subject to change Denotes meal \geq 1000 mg Sodium 1% Milk served daily

SENIOR NUTRITION INFORMATION

RESERVATIONS



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

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

Curbside Pickup

All meals will be distributed via curbside pickup.

Lunch is distributed between 11:30 a.m.—12:30 p.m.


(Please remain in your vehicles at all times)

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered.

For more information please call 760-943-2258.

Menu subject to change without prior notice.

 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.