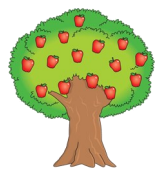




# September 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Location:</b> Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024</p>	<p><b>Note: 1% Milk served daily</b></p>  <p>Denotes meal with more than 1000 mg sodium</p>	<p>Free Blood Pressure Checks at the Community Center</p> <p><b>September 2 &amp; September 15</b> 10:30am-12:30pm</p> 	<p>1</p> <p><b>Beef Burgundy</b> Parsley Potatoes Peas &amp; Carrots Whole Wheat Bread Apple</p>	<p>2 <b>BIRTHDAY CELEBRATION!</b></p> <p><b>Eggplant Parmesan</b> Red Pepper &amp; Tomato Sauce, Mozzarella 51% WG Pasta Garbanzo Beans Spinach Watermelon</p>  
<p>5</p> <p><b>CLOSED For Labor Day</b></p>  <p><i>Happy</i> <b>LABOR DAY</b></p>	<p>6</p> <p><b>Beef Stroganoff</b> 51% Whole Grain Mixed Pasta, Mixed Vegetables, Mandarin Oranges</p>	<p>7</p> <p><b>Basque Chicken</b> Peppers, Tomatoes, Onions, Olives, Basque Potatoes w/ Garlic &amp; Herbs, Broccoli WW Bread Pineapple</p>	<p>8</p> <p><b>Orange Glazed Pork Loin</b> Sweet Potatoes Curried Lentils Granola Bar Apple Sauce</p>	<p>9</p> <p><b>Paella</b> w/ Chicken, Sausage &amp; Shrimp, Peas, Red Peppers Mixed Rice Green Beans Carrots Banana</p>
<p>12</p> <p><b>Tilapia Provençal</b> Tomatoes, Olives Mac &amp; Cheese Zucchini &amp; Tomatoes, w/ Garlic &amp; Basil Orange</p>	<p>13</p> <p><b>Texas BBQ Beef</b> Parsley Potatoes Carrots WW Bread Watermelon</p>	<p>14 <b>Theme Party: DISCO</b></p> <p><b>Chicken Aurora</b></p>  <p>Brandy-Tomato Cream Sauce 51% WG Pasta Sauteed Kale &amp; Collard Greens w/ Bacon &amp; Garlic Pineapple</p>	<p>15 <b>Meatloaf</b> Beef &amp; Pork Mashed Potatoes, Gravy Peas &amp; Carrots Whole Wheat Bread Banana</p> <p>Presentation on Fraud Prevention at 12:00pm</p>	<p>16</p> <p><b>Chicken Fajitas</b> Peppers &amp; Onions Mexican Rice Black Beans Flour Tortilla Orange</p>
<p>19</p> <p><b>Spaghetti Bolognese</b> 51% WG Pasta Hearty Meat Sauce Manhattan Blend Chickpea-Tomato Stew Apple</p>	<p>20</p>  <p><b>Chicken Cordon Bleu</b> Gratin Potatoes Green Beans Wheat Roll Banana</p>	<p>21</p> <p><b>Swedish Meatballs</b> Beef &amp; Pork Creamy Dill Sauce Parsley Potatoes Spinach WW Bread Pineapple</p> 	<p>22</p> <p><b>Coq au Vin</b> Chicken in Wine Sauce Mixed Rice Broccoli &amp; Carrots Apple Sauce</p>	<p>23</p> <p><b>Cuban Ropa Vieja</b> Beef &amp; Pork Peppers, Onions, Olives, Parsley Mixed Rice Black Beans Orange</p>
<p>26</p> <p><b>Sweet &amp; Sour Pork</b> w/ Peppers, Onion, Pineapple Mixed Rice Broccoli, Carrots, Baby Corn, Bamboo Shoots Watermelon</p>	<p>27</p> <p><b>Chicken in Mushroom Cream Sauce</b> Parsley Potatoes Spinach Apple WG Biscuit</p>	<p>28</p> <p><b>Shepherd's Pie</b> Mashed Potato Topping Green Beans Stewed Tomatoes WW Bread Banana</p>	<p>29</p> <p><b>Southwestern Chicken Casserole</b> with Black Beans, Corn, Red Peppers, Cilantro &amp; Cheese Mixed Cilantro Rice Cumin Roasted Carrots Mandarin Oranges</p>	<p>30</p> <p><b>Korean Beef</b> Sesame 51% WG Noodles with Cabbage, Carrots &amp; Scallions Broccoli Peaches</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 until  
9:00 a.m. one business 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.