



October 2021 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Menu subject to change without notice  Denotes meal with more than 1000 mg Sodium	Location Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024 760-943-2258	1  Bratwurst Sauerkraut German Potatoes W.G.Pretzels Apple Cobbler Milk
4 Shephard's Pie Mashed Potato Topping Peas & Corn W.W. Bread Fruit Milk	5 Chicken Gumbo w/Okra Mixed Rice Collard Greens Fruit Milk	6 Beef Stew w/Carrots Parsley Potatoes Mixed Veggies W.W. Bread Fruit Milk	7 Honey Mustard Glazed Pork Sweet Potatoes Lentils Granola Bar Fruit Milk	8 Lemon Chicken Pasta Primavera (Wheat pasta tossed with broccoli, squash, red pepper, tomatoes & fresh parsley) Fruit & milk
11 Stir Fried Beef Broccoli, Mushrooms & Bamboo Shoots Mixed Rice Gingered carrots Fruit & Milk	12 Thai Curry Fish w/Cilantro Green Beans w/ Red Peppers Parsley Potatoes Granola Bar Fruit & Milk	13 Zucchini Parmesan w/ Eggplant Bolognese Sauce W.W. Pasta Spinach Fruit & Milk	14 Chicken a la King (Mushroom & celery cream sauce) Peas & Carrots Barley/Lentil Pilaf Orange & Milk	15 BBQ Beef Horseradish Mashed Potatoes Broccoli W.W. Bread Fruit & Milk
18  Chicken Tapenade Kalamata Olive Pesto, Red Peppers W.W. Pasta Green beans Fruit & Milk	19 Meatloaf (Ground beef & pork) Mashed Potatoes & Gravy Peas & Carrots W.W. Bread Fruit & Milk	20 Ginger Chicken w/Bean Sprouts & Edamame Mixed rice Manhattan Veggie Fruit & Milk	21 Pork Zurichoise (Diced pork in a mushroom sauce) Broccoli Parsley Potatoes W.W. Bread Fruit & Milk	22  Krabby Cake Herbed Quinoa w/ Sundried Tomatoes & Red Peppers Creamed Spinach Fruit & Milk
25  Italian Sausage & Peppers Marinara sauce W.W. Penne Italian Vegetables Pineapple Milk	26 Chicken Divan Creamy Cheese Sauce Broccoli Sweet Potatoes Graham crackers Fruit & Milk	27 Salisbury Steak (Ground beef w/ mushroom sauce) Mashed Potatoes Peas & Carrots W.W. Bread Fruit & Milk	28  Southwest Chicken w/mild green chilis, red peppers, cilantro & cheese Cumin Mixed Rice Black Beans Fruit & Milk	29 Meat & Cheese Lasagna California Veggies Chickpeas w/ Tomatoes & Basil Granola Bar Fruit & Milk



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.