



# January 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>CLOSED IN OBSERVATION OF THE NEW YEAR HOLIDAY</b> <b>Happy 2022!</b>	<b>4</b> <b>Sweet &amp; Sour Chicken</b> w/ pineapple, peppers & onion Mixed Rice Green Beans Orange 1% Milk	<b>5</b> <b>Southwest Chicken Casserole</b> w/ Black Beans, Corn, Red Peppers, Cilantro & Cheese Mexican Rice Cumin Roasted Carrots & 1% Milk	<b>6</b> <b>Beef Burgundy</b> Parsley Potatoes Peas W.W. Bread Banana 1% Milk	<b>7</b> <b>Turkey Quinoa Meatloaf</b> w/ Roasted Red Pepper & Tomato Sauce Spinach, Wheat Roll Tuscan White Beans 1% Milk
<b>10</b> <b>Chicken Parmesan</b> W.G. Chicken Patty Spaghetti Marinara Sauce Italian Veggies Canned Peaches 1% Milk	<b>11</b> <b>Beef Stew</b> w/ Carrots, Celery & Onion Parsley Potatoes Mixed Vegetables Wheat Roll Canned Pineapple 1% Milk	<b>12</b> <b>Pork Loin with Mixed Berry Sauce</b> Sweet Potatoes Green Beans WG Blueberry Muffin Apple 1% Milk	<b>13</b> <b>Lemon Chicken Pasta Primavera</b> Mixed Grain Pasta w/ Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Parsley Banana 1% Milk	<b>14</b> <b>Hamburger</b> Mushrooms, Onions Wheat Burger Roll Parsley Potatoes Chickpeas w/ Tomatoes, Garlic & Basil Orange 1% Milk
<b>17</b> <b>CLOSED IN OBSERVATION OF THE MARTIN LUTHER KING JR. HOLIDAY</b>	<b>18</b> <b>Tarragon Chicken</b> Mixed Rice Manhattan Blend Canned Pears 1% Milk	<b>19</b> <b>Meatloaf</b> (beef & pork) Mashed Potatoes Gravy Mixed Vegetables Whole Wheat Bread Orange 1% Milk	<b>20</b> <b>Tilapia</b> on Curried Kale & Collard Greens Coconut Milk Lentils Mixed Rice Pilaf Banana 1% Milk	<b>21</b> <b>Stir Fried Chicken</b> w/ bean sprouts, bamboo shoots, corn Mixed Rice Broccoli & Carrots Canned Pineapple 1% Milk
<b>24</b> <b>Greek Chicken</b> (Marinated in garlic, yogurt, tomato paste & spices) Mixed Rice Pilaf Ratatouille Orange 1% Milk	<b>25</b> <b>BBQ Pulled Pork Whole Grain Macaroni &amp; Cheese</b> California Veggies Apple 1% Milk	<b>26</b> <b>Ginger Beef</b> w/ Ginger, Scallions & Bean Sprouts Mixed Rice Broccoli Canned Pears 1% Milk	<b>27</b> <b>Cheese Tortellini w/ Chicken</b> In a sun-dried tomato cream sauce Spinach WG Garlic Parmesan Breadstick, Tropical Fruit 1% Milk	<b>28</b> <b>Steak &amp; Mushroom Shepherd's Pie</b> w/ Mashed Potato Top Peas & Carrots Kidney Beans Banana Granola Bar 1% Milk
<b>31</b> <b>Chili con Carne</b> On ½ baked potato w/ Cheese Mixed Rice Broccoli Applesauce 1% Milk		 Denotes the meal has more than 1000 mg Sodium	<b>Menu subject to change without notice</b>	<b>Location</b> Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024



## 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.