



February 2021 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Bratwurst w/Sauerkraut, Mashed Potatoes, Gravy, Warm Apple Compote, Wholegrain Bread, Whole Fruit, Milk	2 Pepper Steak Whole Wheat Pasta Broccoli Carrots Orange Milk	3 Chicken a l'Orange Mixed Rice Pilaf California Vegetables Whole Fruit Milk	4 Roast Pork Apple Sage Sauce Sweet Potatoes Green Beans Wholegrain Bread Whole Fruit Milk	5 Chicken Marsala Mixed Rice Broccoli Whole Fruit Milk
8 Beef Stew w/Onions, Celery, Potatoes & Carrots Stewed Tomatoes Barley Whole Fruit Milk	9 Thai Chicken with Bok Choy & Peppers Mixed Rice Green Beans Orange Milk	10 Pulled Pork w/ BBQ Sauce & Cabbage Sweet Potatoes Corn Wholegrain Bread Whole Fruit Milk	11  Swedish Meatballs w/Creamy Dill Sauce Parsley Potatoes Peas & Carrots Whole Wheat Bread Whole Fruit Milk	12 Chicken Divan w/Creamy Cheese Sauce and Broccoli, Mixed Rice Carrots Whole Fruit Milk
15 CLOSED in Observance of Presidents' Day 	16 Meatloaf Mashed Potatoes & Gravy Peas & Carrots Whole Wheat Bread Orange Milk	17 Fish in Coconut Sauce Zucchini & Peppers Corn Parsley Potatoes Whole Wheat Bread Whole Fruit Milk	18 Spanish Chicken with Chickpeas & Tomatoes Mixed Rice Spinach Orange Milk	19  Krabby Cake Pasta Alfredo California Vegetables Whole Fruit Milk
22 Chicken Coq au Vin in Wine Sauce w/ Tomatoes Parsley Potatoes Peas Whole Fruit Milk	23 Ginger Beef w/ Bamboo Shoots & Scallions Mixed Rice Sesame Green Beans & Carrots Orange & Milk	24  Chicken Parmesan Breaded Chicken Breast w/ Cheese & Marinara Sauce Manhattan Veggies Wheat Pasta Whole Fruit	25 Salisbury Steak Mashed Potatoes, Gravy Peas & Carrots Whole Wheat Bread Whole Fruit Milk	26 Chicken Piccata Wheat Pasta Green Beans Carrots Whole Fruit Milk
Menu subject to change  Denotes meal with more than 1000 mg Sodium 1% Milk Served				Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024

SENIOR NUTRITION INFORMATION



RESERVATIONS

Call **760-943-2258**

by **9:00 a.m.** the working day before your requested meal.

For Monday meals, reservations need to be placed
no later than 9 a.m. on Friday.



Curbside Pickup

During the COVID-19 pandemic, meals are distributed curbside at the Encinitas Senior Center by trained staff wearing gloves and masks for your protection. Lunch is distributed from 11:30 a.m. to 12:30 p.m. Monday through Friday except city holidays.

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered by trained staff members adhering to COVID-19 health protocols. For more information call 760-943-2258.

Menu subject to change without prior notice. The Encinitas Senior Center is located at 1140 Oakcrest Park Drive in Encinitas, CA 92024.

The Encinitas Senior Café is supported by the Older Americans Act grant funds, awarded through San Diego County Aging & Independence Services, the City of Encinitas, and meal donations. **No eligible person shall be denied a meal because of inability to contribute.**