

September 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Location: Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024</p>	<p>1 Shepherd's Pie Mashed Potato Topping Peas & Carrots Corn Whole Wheat Bread WHOLE FRUIT</p>	<p>2 Hawaiian Pork With Pineapple, Ginger & Cilantro Sweet Potatoes Green Beans Wholegrain Bread WHOLE FRUIT</p>	<p>3 Tarragon Chicken Mixed Rice & Lentil Pilaf Broccoli WHOLE FRUIT</p>	<p>4 Spaghetti & Meatballs Whole Wheat Pasta Marinara Sauce Zucchini ORANGE</p>
<p>7 LABOR DAY CLOSED Happy Labor Day  To ALL Of You</p>	<p>8 Chicken Fajitas Mixed Rice Black Beans, Corn & Red Pepper ORANGE</p>	<p>9 Fish Florentine With Bechamel Sauce and Spinach Parsley Potatoes Tomato & Chick Pea Stew Whole Wheat Bread WHOLE FRUIT</p>	<p>10 Chicken Cacciatore Wheat Pasta Broccoli & Carrots ORANGE</p>	<p>11 Roast Beef With Mashed Potatoes & Gravy Manhattan Blend Whole Wheat Bread WHOLE FRUIT</p>
<p>14 Chicken & Sausage Paella with Shrimp Mixed Rice Green Beans WHOLE FRUIT</p>	<p>15 Meatloaf Mashed Potatoes & Gravy Peas & Carrots Corn Whole Wheat Bread WHOLE FRUIT</p>	<p>16 Pork with Mushroom Cream Sauce Sweet Potatoes Peas Whole Wheat Bread WHOLE FRUIT</p>	<p>17 Sesame Ginger Chicken Cabbage and Bamboo Shoots Mixed Rice Carrots ORANGE</p>	<p>18 Teriyaki Glazed Hamburger With Pineapple Mixed Rice Black Beans ORANGE</p>
<p>21 Greek Pastitsio Penne with Ground Beef, Tomatoes & Spices topped with Bechamel Sauce Spinach Chick Pea & Tomato Stew Whole Wheat Bread WHOLE FRUIT</p>	<p>22 Sweet & Sour Chicken With Pineapple, Onions & Peppers Mixed Rice Oriental Blend Vegetables WHOLE FRUIT</p>	<p>23 Roast Turkey & Gravy Mixed Grain Stuffing with Cranberries & Celery Sweet Potatoes Green Beans WHOLE FRUIT</p>	<p>24 Pecan Chicken Country Gravy Mashed Potatoes California Vegetables Whole Wheat Bread WHOLE FRUIT</p>	<p>25 Cuban Ropa Vieja Shredded Beef & Pork with Onions, Peppers, Cilantro Mixed Cumin Rice Black Beans & Corn ORANGE</p>
<p>28 Chicken Alfredo Wheat Pasta Alfredo Sauce Spinach ORANGE</p>	<p>29 Beef Burgundy Mashed Potatoes Peas & Carrots Whole Wheat Bread WHOLE FRUIT</p>	<p>30 Chicken Breast Patty Bearnaise Sauce Parsley Potatoes Broccoli Whole Wheat Bread WHOLE FRUIT</p>	<p>Menu Subject to Change  Denotes meal \geq 1000 mg Sodium 1% Milk Served Daily</p>	