

# August 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Cheese Ravioli</b> Marinara Sauce Collard Greens Lentils Granola Bar Apple	2 <b>Chicken Chow Mein</b>  With Carrots, Cabbage, Scallions Green Beans & Carrots, Mixed Rice Watermelon	3 <b>Goulash</b> Beef & Pork Parsley Potatoes Peas Whole Wheat Bread Banana	4 <b>Pork Chile Verde</b> Mexican Rice Cumin Roasted Carrots Orange	5 <b>BIRTHDAY CELEBRATION!</b> <b>Chicken Florentine</b>  Spinach & Bechamel Sauce Herb Roasted Potatoes, Italian Vegetables, WG Blueberry Muffin Applesauce
8 <b>Chicken Romesco</b> WG Mixed Pasta Tomato-Red Pepper Sauce Broccoli Canned Peaches	9 <b>Pepper Steak</b> w/ Peppers and Onions Parsley Potatoes Peas Whole Wheat Bread Pineapple	10 <b>Roast Pork Loin</b> Mustard Dill Sauce Sweet Potatoes Green Beans Granola Bar Apple	11 <b>Chicken and Black Bean Enchiladas with Cheese</b> w/ Salsa Verde lite Mixed Mexican Rice, Broccoli, Carrots, Red Peppers Banana	12 <b>Sloppy Joe</b> White Wheat Burger Roll Turmeric Roasted Carrots Chickpeas w/ Tomatoes Orange
15 <b>Meat &amp; Cheese Lasagna</b> Marinara Sauce Manhattan Blend Lentils Granola Bar Applesauce	16  <b>Chicken Divan</b> w/ ¼ c Broccoli & Mornay Sauce Mixed Vegetables Mixed Rice Peaches	17 <b>Meatloaf</b> Beef & Pork Mashed Potatoes, Gravy Peas & Carrots Whole Wheat Bread Watermelon	18 <b>Thai Curry Tilapia</b> With Coconut Milk, Cilantro Parsley Potatoes Spinach Granola Bar Banana	19 <b>Hawaiian Chicken</b> Peppers, Onions, Pineapple, Ginger, Garlic, Sweet Chili Sauce, Cilantro Mixed Coconut Rice Green Beans Orange
22 <b>Creole Chicken</b> With Mixed Rice Braised Cabbage Broccoli Peaches	23  <b>Theme Party: Western</b> <b>BBQ Pulled Pork</b> Herb Roasted Potatoes Collard Greens Wheat Roll   Apple	24 <b>Salisbury Steak</b> With Mushrooms & Onions Mashed Potatoes & Gravy Peas Whole Wheat Bread Banana	25 <b>Moroccan Chicken</b> With Apricots, Zucchini & Peppers Spinach Mixed Rice Orange	26 <b>Hamburger</b> With Onions and Peppers White Wheat Burger Roll Sweet Potatoes Black Beans & Corn Watermelon
29 <b>Chicken Gyros</b> Garlic Yogurt Sauce, Mixed Rice Pilaf, Grilled Zucchini, Squash & Peppers, Whole Wheat Pita Orange	30 <b>Beef Stew</b> Parsley Potatoes Manhattan Vegetables Whole Wheat Bread Watermelon	31 <b>Penne alla Vodka</b> With Chicken 51% Penne W/ Vodka Tomato Cream Sauce Spinach Peas Pineapple	<b>Note: 1% Milk served daily</b>  Denotes meal with more than 1000 mg sodium	<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 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.