



# November 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Location:</b> Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024</p>	<p>1 <b>Chicken Chow Mein</b> w/ Carrots, Cabbage, Scallions, Green Beans &amp; Carrots Mixed Rice Pineapple</p>	<p>2 <b>Curried Meatballs</b> Beef &amp; Pork Meatballs w/ Curry, Coconut Milk, Cilantro Parsley Potatoes Peas &amp; Carrots WW Bread Banana </p>	<p>3 <b>Pork Chile Verde with Black Beans</b> Mexican Rice Corn Orange</p>	<p>4 <b>BIRTHDAY CELEBRATION!</b> <b>Chicken Florentine</b> Spinach &amp; Bechamel Sauce Herb Roasted Potatoes Italian Vegetables WG Blueberry Muffin Applesauce </p>
<p>7 <b>Chicken Romesco</b> WG Mixed Pasta Tomato Red Pepper Sauce Broccoli Normandy Canned Peaches</p>	<p>8 <b>Pepper Steak</b> w/ Peppers &amp; Onions Parsley Potatoes Peas WW Bread Pineapple</p>	<p>9 <b>Roast Pork Loin Mustard Dill Sauce</b> Sweet Potatoes Green Beans Granola Bar Apple</p>	<p>10 <b>Meatloaf</b> Beef &amp; Pork Mashed Potatoes, Gravy Collard Greens Whole Wheat Bread Banana</p>	<p>11 <b>CLOSED for Veterans Day</b> </p>
<p>14 <b>Eggplant Ratatouille Pasta</b> 51% Mixed WG Penne, w/ Eggplant, Zucchini, Tomato &amp; Basil Manhattan Blend Lentils Applesauce</p>	<p>15  <b>Chicken Divan</b> with Broccoli &amp; Mornay Sauce Mixed Vegetables Mixed Rice Pears</p>	<p>16 <b>Krabby Cake</b> Tater Tots Creamed Spinach Granola Bar Orange </p>	<p>17 <b>Salisbury Steak</b> w/ Mushrooms &amp; Onions Mashed Potatoes &amp; Gravy Peas &amp; Carrots Whole Wheat Bread Banana</p>	<p>18 <b>Hawaiian Chicken</b> Peppers, Onions, Pineapple, Ginger, Garlic, Sweet Chili Sauce, Cilantro Mixed Coconut Rice Green Beans Tropical Fruit</p> <p><b>Presentation:</b> Nutrition &amp; Eye Health</p>
<p>21 <b>Creole Chicken</b> w/ Okra Mixed Rice Collard Greens Peaches</p>	<p>22 <b>BBQ Pulled Pork</b> Herb Roasted Potatoes Broccoli Normandy Wheat Roll Pineapple</p>	<p>23 <b>THANKSGIVING THEME CELEBRATION</b> <b>Roast Turkey</b> w/ Gravy Cornbread Stuffing Sweet Potatoes Brussels Sprouts Cranberry Sauce Apple Granola Bar </p>	<p>24 <b>CLOSED for Thanksgiving Holiday</b> </p>	<p>25 <b>CLOSED for Thanksgiving Holiday</b> </p>
<p>28 <b>Chicken Gyros</b> Garlic Yogurt Sauce Mixed Rice Pilaf Grilled Zucchini, Squash &amp; Peppers WW Pita Orange</p>	<p>29 <b>Beef Stew</b> Parsley Potatoes Manhattan Vegetables WW Bread Applesauce</p>	<p>30 <b>Penne allaodka</b> With Chicken 51% Penne w/ Vodka Tomato Cream Sauce Spinach, Peas Banana</p>	<p><b>Note: 1% Milk served daily</b>  Denotes meal with more than 1000 mg sodium</p>	<p>Free Blood Pressure Checks at the Community Center <b>November 4 &amp; November 17</b> 10:30am-12:30pm </p>



## 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.