



# August 2021 MENU



| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| <b>2</b><br><b>Salisbury Steak</b><br>Ground beef with mushroom sauce<br>Mashed potatoes<br>Peas & carrots<br>Whole wheat bread<br>Whole fruit<br>Milk                     | <b>3</b><br><b>Curry Chicken</b><br>with onions & potatoes<br>Mixed rice<br>Spinach<br>Orange<br>Milk   | <b>4</b><br><b>Ham</b> <br>with pineapple sauce<br>Potato gratin<br>Broccoli<br>Whole wheat bread<br>Whole fruit<br>Milk          | <b>5</b><br><b>Moroccan Chicken</b><br>with apricots<br>Barley & lentil pilaf<br>Zucchini, tomatoes & chickpeas<br>Orange<br>Milk   | <b>6</b><br><b>Texas BBQ Beef</b><br>Sweet potatoes<br>Green beans<br>Whole wheat bread<br>Whole fruit<br>Milk  |
| <b>9</b><br><b>Tarragon Chicken</b><br>Parsley potatoes<br>Peas & carrots<br>Whole wheat bread<br>Whole fruit<br>Milk  | <b>10</b><br><b>Korean Beef</b><br>with tofu, scallions, & mushrooms<br>Mixed rice<br>Broccoli & carrots<br>Whole fruit<br>Milk               | <b>11</b><br><b>Roast Turkey</b> <br>Mixed grain stuffing<br>Mashed potatoes & gravy<br>Italian vegetables<br>Whole fruit<br>Milk | <b>12</b><br><b>Pork Chile Verde</b><br>Mixed rice<br>California veggies<br>Whole fruit<br>Milk   | <b>13</b><br><b>Cheese Tortellini</b><br>with chicken & sun-dried tomatoe cream sauce<br>Zucchini, tomatoes, & corn<br>Granola bar<br>Orange  |
| <b>16</b><br><b>Chicken Chow Mein with</b><br><b>Mein with</b><br>cabbage, celery, carrots, scallions & noodles<br>Mixed rice<br>Broccoli & carrots<br>Whole fruit<br>Milk | <b>17</b><br><b>Meatloaf</b><br>Mashed potatoes & gravy<br>California veggies<br>Whole wheat bread<br>Whole fruit<br>Milk                     | <b>18</b><br><b>Chicken &amp; Sausage Paella with Shrimp</b><br>Mixed rice<br>Green beans<br>Orange<br>Milk  | <b>19</b><br><b>Chili Burge</b> <br>with Bun<br>Chuckwagon corn & peppers<br>Peas<br>Granola bar<br>Whole fruit<br>Milk | <b>20</b><br><b>Hungarian Gou-lash</b><br>Beef & pork simmered w/ onions & paprika<br>Whole wheat pasta<br>Manhattan blend<br>Whole fruit<br>Milk                                   |
| <b>23</b><br><b>Beef Fajitas</b><br>Peppers & onions<br>Cumin mixed rice<br>Black beans with corn & cilantro<br>Whole fruit<br>Milk  | <b>24</b><br><b>Dijon Chicken</b><br>Mustard cream sauce<br>Boiled potatoes<br>Broccoli & carrots<br>Whole wheat bread<br>Whole fruit<br>Milk | <b>25</b><br><b>Spaghetti &amp; Meatballs</b> <br>(Beef & chicken)<br>Marinara sauce<br>Ratatouille<br>Whole fruit<br>Milk      | <b>26</b><br><b>Pork Loin</b><br>with apple chutney<br>Sweet potatoes<br>Green beans<br>Whole wheat bread<br>Whole fruit<br>Milk  | <b>27</b><br><b>Tilapia Florentine</b><br>with bechamel sauce<br>Spinach<br>Mixed rice<br>Orange<br>Milk  |
| <b>30</b><br><b>Beef Stroganoff</b><br>Wheat noodles<br>Broccoli<br>Whole fruit<br>Milk  | <b>31</b><br><b>Fiesta Chicken</b><br>With fiesta blend peppers & onions<br>Mixed rice<br>Corn<br>Orange<br>Milk                              |   | <b>Location</b><br>Encinitas Senior Center<br>1140 Oakcrest Park Drive<br>Encinitas, CA 92024<br>760-943-2258   | <b>Menu subject to change without notice</b><br><br>Denotes meal with more than 1000 mg Sodium |



## **SENIOR NUTRITION INFORMATION**

### **RESERVATIONS**

Call the reservation line at **760-943-2258** by **9:00 a.m.** the day before your requested meal. For Monday meals, reservations need to be placed **no later than 9 a.m. on Friday.**

**Suggested donation 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.

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.

**No eligible person shall be denied a meal because of inability to contribute.**