



# October 2022 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Bratwurst</b> Sauerkraut German Fried Potatoes  Carrots Wheat Roll Applesauce	<b>4</b> <b>Margarita Chicken</b> w/ Pico de Gallo Mixed Rice Black Beans & Corn Orange	<b>5</b> <b>Pork Roast</b> Mushroom Cream Sauce Noodles Red Cabbage Apple Granola Bar	<b>6</b> <b>BBQ Chicken</b> Whole Wheat Roll Sweet Potatoes Mixed Vegetables Watermelon	<b>7 BIRTHDAY CELEBRATION!</b> <b>Ginger Beef</b>  With Ginger, Scallions, Cabbage Mixed Rice Broccoli & Carrots Pineapple
<b>10</b> <b>Pork Posole</b> Cabbage & Cilantro Mixed Rice Corn with Red Peppers Apple	<b>11</b> <b>Tarragon Chicken</b> Mixed Whole Grain Pasta Broccoli Carrots Banana	<b>12</b> <b>Roast Beef w/ Gravy</b>  Potato Gratin Manhattan Vegetables Applesauce Whole Wheat Bread	<b>13</b> <b>Vegetable &amp; Cheese Lasagna</b> (Zucchini, Red Pepper, Mushroom) Bechamel Sauce Collard Greens Chickpea Stew Pineapple Blueberry Muffin	<b>14</b> <b>Chicken Gumbo</b> with Tomatoes & Okra Mixed Rice Green Beans Orange
<b>17</b> <b>Turkey Quinoa Meatloaf</b> Tomato Red Pepper Sauce Spinach Lentils Wheat Bread Peaches	<b>18</b>  <b>Chicken Marsala</b> Parsley Potatoes Italian Vegetable Whole-Wheat Bread Banana	<b>19</b> <b>Thai Fish Curry with Coconut Milk</b> w/ Zucchini, Red Peppers & Cilantro Mixed Rice Green Beans Orange	<b>20</b> <b>Pasta Primavera with Lemon Chicken</b> Mixed Pasta Tossed with Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley Apple	<b>21</b> <b>Steak &amp; Mushroom Shepherd's Pie</b> w/ Mashed Potato Topping Peas & Carrots Corn Watermelon
<b>24</b> <b>Chicken Bearnaise</b> Mixed Rice Pilaf Broccoli Mandarin Oranges	<b>25</b> <b>Cheese Ravioli</b> Marinara Sauce Collard Greens Kidney Beans  Applesauce Granola Bar	<b>26</b> <b>Meatloaf</b> Beef & Pork Mashed Potatoes, Gravy Carrots Whole Wheat Bread Orange	<b>27</b> <b>Stir Fried Chicken</b> With Bean Sprouts, Bamboo Shoots Mixed Rice Normandy Vegetables Pineapple	<b>28</b> <b>Chili Burger</b> White Wheat Roll Sweet Potatoes Corn Watermelon
<b>31 Theme Party: HALLOWEEN</b>  <b>Goulash</b> Beef & Pork, Onions, Peppers, Tomatoes Mixed WG Noodles Roasted Carrots & Cauliflower Apple 		<b>Location:</b> Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024	<b>Note: 1% Milk served daily</b>  Denotes meal with more than 1000 mg sodium	Free <b>Blood Pressure Checks</b> at the Community Center <b>October 7 &amp; October 20</b> 10:30am-12:30pm 



## 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.