

July 2020 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Location Encinitas Senior Center 1140 Oakcrest Park Dr Encinitas, CA 92024	Menu subject to change  Denotes meal \geq 1000 mg Sodium 1% Milk served daily	1 Krabby Cake Bulgur Pilaf with Chickpeas California Vegetables WHOLE FRUIT	2 Bratwurst Sauerkraut Mashed Potatoes & Gravy Carrots Wholegrain Bread WHOLE FRUIT	3 INDEPENDENCE DAY HOLIDAY CLOSED 
6 Beef Goulash Parsley Potatoes Mixed Vegetables Whole Wheat Bread WHOLE FRUIT	7 Tarragon Chicken Mixed Rice and Lentil Pilaf Green Beans ORANGE	8 Pulled Pork with BBQ Sauce Parsley Potatoes Black Beans & Corn Wholegrain Bread WHOLE FRUIT	9 Shepherd's Pie Mashed Potato Topping Peas & Carrots Corn Whole Wheat Bread WHOLE FRUIT	10 Chicken with Sun-dried Tomato Cream Sauce Whole Wheat Pasta Spinach ORANGE
13 Chicken Marsala Mixed Rice Broccoli WHOLE FRUIT ORANGE	14 Ginger Beef Ginger, Bamboo Shoots, Scallions Mixed Rice Manhattan Blend Vegetables WHOLE FRUIT	15 Chicken Patty with Sausage Gravy Spinach Mashed Potatoes Whole Wheat Bread WHOLE FRUIT	16 Moroccan Chicken Apricot Sauce Herbed Bulgur Chickpea & Tomato Stew ORANGE WHOLE FRUIT	17 Spaghetti Bolognese Meat Sauce California Blend Garlic Bread WHOLE FRUIT
20 Jambalaya With chicken, sausage & shrimp Mixed Rice Collard Greens Corn	21 Meatloaf Mashed Potatoes, Gravy Stewed Tomatoes Peas & Carrots Whole Wheat Bread	22 Fish in Coconut Sauce zucchini & peppers Spinach Mixed Rice & Lentil Pilaf WHOLE FRUIT	23 Chicken Piccata Wheat Pasta Green Beans Carrots WHOLE FRUIT	24 Swedish Meatballs With Creamy Dill Sauce Parsley Potatoes Peas Whole Wheat Bread WHOLE FRUIT
27 Picadillo Cumin Mixed Rice Black Beans Corn & Cilantro ORANGE	28 Chicken with wine, tomatoes & olives Whole Wheat Pasta Spinach WHOLE FRUIT	29 Hawaiian Pork Roast Ginger, pineapple, cilantro Sweet Potatoes Green Beans Wholegrain Bread WHOLE FRUIT	30 Chicken a l'Orange Mixed Rice Pilaf California Vegetables Garlic Bread WHOLE FRUIT	31 Hamburger Mushroom & Onion Sauce Mashed Potatoes Peas Whole Wheat Bread Orange

SENIOR NUTRITION INFORMATION

RESERVATIONS



Call 760-943-2258
by 9:00 a.m. the day
before your visit

(For Monday reservations, calls need to be made by Friday)

Curbside Pickup

All meals will be distributed via curbside pickup.

Lunch is distributed between 11:30 a.m.—12:30 p.m.


(Please remain in your vehicles at all times)

Meal Delivery

Eligible seniors living in Encinitas may request for their meal to be delivered.

For more information please call 760-943-2258.

Menu subject to change without prior notice.

 Indicates sodium content over 1,000 mg.

1 % Milk served daily

The café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independence Services and supported by the City of Encinitas and general meal donations.

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