



Oakcrest Café

November 2024 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Encinitas Senior Center 1140 Oakcrest Park Dr. Encinitas, CA 92024 (760) 943-2258</p>	 <p>Free Blood Pressure Checks Nov 1 & Nov 21 9:30am–12:30pm</p>	 <p>Denotes meal with more than 1000mg sodium</p>		<p>1 BIRTHDAY CELEBRATION! </p> <p>Curried Meatballs w/ Curry Coconut Sauce Parsley Potatoes Spinach Bread, Banana </p>
<p>4 WHAT'S THE BUZZ? Chicken a la King Mixed Rice Mixed Vegetables Orange</p>	<p>5 Hamburger Sauteed Onions Burger Roll Potato Salad Coleslaw Apple</p>	<p>6 Pork Chile Verde w/ Black Beans Mexican Rice Zucchini & Corn Orange</p>	<p>7 BINGO & STRETCH Meat Lasagna Spring Mix Salad Italian Blend Bread Mandarin</p>	<p>8  HONORING VETERANS LUNCHEON Chicken Florentine Penne Pasta Manhattan Blend Orange</p>
<p>11 CLOSED IN OBSERVANCE OF VETERANS DAY</p> 	<p>12 Swedish Meatballs Cream Dill Sauce Parsley Potatoes Peas & Carrots Bread, Mandarin</p>	<p>13 BBQ Pull Pork Herb Roasted Potatoes Broccoli Normandy Roll Banana</p>	<p>14 Vegetarian Pot Pie Garbanzo Stew w/ Tomato & Rice Pineapple</p>	<p>15 Chili Con Carne Mixed Rice Fiesta Corn Orange</p>
<p>18 Tilapia Pineapple Coconut Mixed Rice Stir Fried Blend Bread Pineapple</p>	<p>19  Chicken Creole Pasta Italian Vegetables Orange</p> <p>2PM SENIOR COMMISSON MEETING</p>	<p>20 Open-Faced Cubano Sandwich Roast Pork w/ Swiss Cheese Roll Sweet Potatoes Cabbage Salad Banana</p>	<p>21  CREATIVE CORNER Salisbury Steak Beef & Pork Mashed Potatoes, Gravy Peas & Carrots Orange </p>	<p>22 Asian Chicken Salad w/ Spring Mix, Black Beans, Corn, Red Peppers, Cucumber Asian Dressing Bread, Pineapple</p>
<p>25 Greek Chicken Garlic Yogurt Sauce Mixed Rice Pilaf Zucchini & Red Peppers Orange</p>	<p>26 Meatloaf Beef & Pork Mashed Potatoes, Gravy Mixed Vegetables Bread, Pineapple</p>	<p>27 THANKSGIVING LUNCHEON   Roast Turkey w/ Gravy, Stuffing Green Beans  Sweet Potatoes Cranberry Sauce Apple</p>	<p>28 CLOSED IN OBSERVANCE OF THANKSGIVING</p> 	<p>29 CLOSED THE DAY AFTER THANKSGIVING</p> 



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PROGRAM INFORMATION

Reservations/Cancellations

Lunch Reservation Line:

760-943-2258

Lunch reservations are required and may be made as early as one week in advance, no later than 12:00 p.m. one business day before you would like to have lunch. Monday reservations are due by 12 p.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. Waitlist guest are served at 11:50 a.m.

Suggested contribution for Seniors 60+ is \$5 per meal. Non-senior (under 60 years of age) meal is \$8.00.

Van Transportation

Van transportation to and from the lunch program is available for participants who have an approved application on file. Must be an Encinitas resident age 60+ with no other means of transportation. Suggested \$2 donation.

NEW Activities!

What's The Buzz?

Monday, November 4th, learn all about the latest and greatest going on in Encinitas!

Bingo & Stretch

Thursday, November 7th, after lunch. Join us for a game of bingo with incorporated chair yoga poses!

Mingle & Move

AUTUMN HARVEST



Friday, November 15th, 2-4pm, registration required. Music by the Ancora Band! \$7, plus applicable fees.

Creative Corner

Thursday, November 21st, 11-11:30 a.m. Put your artist hat on before lunch in the Creative Corner. Enjoy exploring themed art projects every fourth Thursday of the month! Join us this month to create a leaf wreath, to add to your fall décor!

Visit [EncinitasParksandRec.com](https://www.encinitasparksandrec.com) or call

760-943-2250 to learn about the

healthy and fun programs, special events, and services offered at the Encinitas Community and Senior Center.

Senior Citizen Commission Meeting Tuesday, November 19th, 2 p.m.

November's meeting will include a presentation from the Southern Caregiver Resource Center, sharing free services offered to family caregivers. The meeting is open to the public and will be held at Encinitas City Hall, 505 S. Vulcan Avenue, Encinitas, CA 92024.

How Are We Doing?

Compliments and suggestions are welcomed. The Encinitas Senior Nutrition Program is supported by the City of Encinitas and your meal donations.



**PARKS, RECREATION
AND CULTURAL ARTS**