



# Oakcrest Café

## July 2024 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>WHAT'S THE BUZZ?</b> <b>Meatballs</b> Pasta w/ Marinara Sauce Manhattan Blend Cucumber Dill Salad Pineapple	<b>2</b> <b>Chicken Adobo</b> Herb Potatoes Peas & Carrots Bread Mandarin	<b>3</b> <b>4TH OF JULY LUNCHEON</b> <b>Hamburger</b> Wheat Roll BBQ Beans Carrot Salad Mandarin	<b>4</b> <b>CLOSED IN OBSERVANCE OF INDEPENDENCE DAY</b> 	<b>5</b> <b>BIRTHDAY CELEBRATION!</b> <b>Salisbury Steak</b> Mashed Potatoes Gravy Spinach Bread Watermelon
<b>8</b> <b>Chicken Cacciatore</b> Tomatoes, Peppers, Mushrooms Pasta Broccoli Banana	<b>9</b> <b>Roast Beef</b> Gravy Mashed Potatoes Spinach Salad Bread Orange	<b>10</b> <b>BINGO &amp; STRETCH</b> <b>Cranberry Glazed Turkey Quinoa Meatloaf</b> Bread Normandy Blend Apple	<b>11</b> <b>Chili w/ Ground Turkey</b> Red Potato Broccoli Salad Bread Peaches	<b>12</b> <b>Vegetarian Lentil Stew</b> Garbanzo Beans w/ Tomatoes Peas & Carrots Bread Mandarin
<b>15</b> <b>Chicken Florentine</b> Broccoli Pasta Apple	<b>16</b> <b>Ground Beef Casserole</b> Penne Pasta Normandy Blend Bread, Banana <b>NO SENIOR COMMISSION MEETING</b>	<b>17</b> <b>Tilapia</b> W/ Pineapple, Ginger, Onions & Cilantro Coconut Mixed Rice Mixed Vegetables Orange	<b>18</b> <b>Orange Glazed Pork Loin</b> Sweet Potatoes Garbanzo w/ Bell Peppers Bread Oranges	<b>19</b> <b>MINGLE &amp; MOVE</b> <b>Chili Con Carne</b> Mixed Rice Fiesta Corn w/ Red Bell Pepper Orange
<b>22</b> <b>Pork Posole</b> W/ Shredded Cabbage, Cilantro, Radishes Zucchini, Corn, Red Bell Peppers Mixed Rice Orange	<b>23</b> <b>Margarita Chicken</b> Pasta Zucchini, Corn & Red Peppers Mandarin	<b>24</b> <b>Salisbury Steak</b> W/ Gravy Parsley Potatoes Collard Greens Bread Applesauce	<b>25</b> <b>CREATIVE CORNER</b> <b>Open-Faced Pulled Pork Sandwich</b> Sweet Potatoes Vegetables Pineapple	<b>26</b> <b>Stir Fried Chicken</b> Stir Fry Vegetables Mixed Rice Pineapple
<b>29</b> <b>Beef Burgundy</b> Pasta Mixed Vegetables Mandarin	<b>30</b> <b>Pork Loin w/ Apple Chutney</b> Sweet Potato Spring Mix Bread Applesauce	<b>31</b> <b>Shepherd's Pie w/ Mushrooms</b> Mashed Potatoes Peas & Carrots Bread Pineapple	<b>Encinitas Senior Center</b> <b>1140 Oakcrest Park Dr.</b> <b>Encinitas, CA 92024</b>	Denotes meal with more than 1000mg sodium <b>Free Blood Pressure Checks</b> <b>July 5 &amp; July 18</b> <b>9:30am–12:30pm</b>



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## PROGRAM INFORMATION

### Reservations/Cancellations

Call the Lunch Reservation Line:

**760-943-2258**

Lunch reservations are required and may be made until 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 are served at 11:50. At the Encinitas Community and Senior Center, 1140 Oakcrest Park Drive, Encinitas, CA 92024

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.

### **NEW Activities!**

#### ***What's The Buzz?***

**Monday, July 1st**, learn all about the latest and greatest going on in Encinitas!

#### ***Bingo & Stretch***

**Wed. July 10th**, after lunch. Join us for a game of bingo with incorporated chair yoga poses!

#### ***Creative Corner***

**Thurs. July 25th**, before lunch. Put your artist hat on before lunch in the Creative Corner. Enjoy exploring themed art projects every fourth Thursday of the month!

#### ***Mingle & Move***

#### ***SHAKE, RATTLE, ROLL & BBQ PARTY!***

**Friday, July 19th**, 2-4pm, registration required.

Visit [EncinitasParksandRec.com](https://www.encinitas.org/ParksandRec) 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.

## **No July Senior Citizen Commission Meeting**

### **How Are We Doing?**

Compliments and suggestions are welcomed.

The Program is supported by the City of Encinitas and your meal donations.



**PARKS, RECREATION  
AND CULTURAL ARTS**