



# January 2023 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 NEW YEAR'S BRUNCH!</b>  <b>Quiche</b> Home-Fried Potatoes Yogurt & Granola Parfait w/ Berries Virgin Bloody Mary 	<b>3 Chicken Suiza</b> w/ Spinach, Green Chiles, Cilantro & Cream Mixed Rice Black Beans & Corn Orange	<b>4 National Spaghetti Day</b> <b>Spaghetti &amp; Meatballs</b> WG Spaghetti Marinara Sauce Italian Vegetables Eggplant with Tomatoes Applesauce	<b>5 Chicken a la King</b> <b>Mushroom Cream Sauce</b> on a WG Biscuit Sweet Potatoes Mixed Vegetables Banana	<b>6 BIRTHDAY CELEBRATION!</b> <b>Ginger Beef</b> w/ Ginger, Scallions, Cabbage Mixed Rice Broccoli & Carrots Pineapple 
<b>9 Swedish Meatballs</b> Creamy Dill Sauce Parsley Potatoes Peas & Carrots WW Bread Orange	<b>10 Roast Beef</b> Au Jus Potato Gratin Creamed Spinach WW Bread Apple	<b>11 Chicken Cacciatore</b> Tomatoes, Peppers, Mushrooms Mixed WG Pasta Broccoli Banana	<b>12 Cranberry Chili</b> <b>Glazed Turkey Quinoa Meatloaf</b> WW Bread Stuffing Sweet Potatoes Corn Peaches	<b>13 Chicken Curry</b> Potatoes, Onion, Co- conut Milk & Cilantro Mixed Rice Green Beans Orange
<b>16 CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY</b> 	<b>17 BINGO</b> <b>Meat &amp; Cheese Lasagna</b> (Beef/Pork) Marinara Sauce Collard Greens Chickpea Tomato Stew w/ Garlic Pineapple Granola Bar	<b>18 Chicken Marsala</b> Parsley Potatoes Normandy Blend Granola Bar Banana	<b>19 Caribbean Tilapia</b> w/ Pineapple, Ginger, Onions & Cilantro Coconut Mixed Rice Green Beans Orange <b>Presentation:</b> Nutrition & Cognitive Function	<b>20 Theme Party: CLASSIC HOLLYWOOD</b> <b>Pasta Primavera w/ Lemon Chicken</b> Mixed Pasta Tossed w/ Broccoli, Carrots, Squash, Red Peppers, Tomatoes, Fresh Parsley Apple 
<b>23 Steak &amp; Mushroom Shepherd's Pie</b> w/ Mashed Potato Topping Peas & Carrots Corn Pineapple WW Bread	<b>24 Cheese Ravioli</b> Marinara Sauce Collard Greens Chickpea, Tomato Stew w/ Garlic Applesauce Granola Bar 	<b>25 Stir Fried Chicken</b> w/ Bean Sprouts, Bamboo Shoots Mixed Rice Normandy Vegetables Pineapple	<b>26 Meatloaf</b> Beef & Pork Mashed Potatoes, Gravy Peas Whole Wheat Bread Orange	<b>27 Chicken Bearnaise</b> Mixed Rice Pilaf Broccoli Mandarin Oranges
<b>30 Hamburger</b> White Wheat Roll Ranch Beans Sweet Potatoes Apple	<b>31 Chili Con Carne</b> Mixed Rice Fiesta Corn Orange	Free Blood Pressure Checks at the Community Center <b>January 6 &amp;            January 19</b> 9:30am-12:30pm 	<b>Note: 1% Milk served daily*</b>  Denotes meal with more than 1000mg sodium <b>*no milk on 1/2</b>	<b>Location:</b> Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024



## 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.