



February 2023 Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| <p>Note: 1% Milk served daily*</p>  <p>Denotes meal with more than 1000mg sodium</p> | | <p>1</p> <p>Pork Roast Gravy Mashed Potatoes Sauteed Cabbage Brown Sugar Glazed Carrots Whole Wheat Bread Applesauce</p> | <p>2</p> <p>Swedish Meatballs Beef & Pork Meatballs Creamy Dill Sauce Parsley Potatoes Peas & Carrots Whole Wheat Bread Banana</p> | <p>3 BIRTHDAY CELEBRATION! Pork Chile Verde Black Beans Mixed Mexican Rice Corn Orange</p>  |
| <p>6</p> <p>Chicken Florentine Spinach Bechamel Sauce Herb Roasted Potatoes Whole Wheat Bread Applesauce</p> | <p>7</p> <p>Chicken Romesco WG Mixed Pasta Tomato Red Pepper Sauce Broccoli Normandy Orange</p> | <p>8</p> <p>Pepper Steak with Peppers & Onions Mixed Rice Peas Mandarin Oranges</p> | <p>9</p> <p>Roast Pork Loin Mustard Cream Sauce Parsley Potatoes Green Beans Whole Wheat Bread Apple</p> | <p>10</p> <p>Meatloaf Beef & Pork Mashed Potatoes, Gravy Collard Greens Whole Wheat Bread Banana</p> |
| <p>13</p> <p>Kansas City BBQ Pork Cabbage Sweet Potato Wedges Whole Wheat Bread Pineapple</p> | <p>14</p> <p>Theme Party: VALENTINE'S DAY Baked Ziti w/ Italian Sausage Whole Grain Pasta Marinara Sauce Lentils Normandy Vegetables Applesauce</p>  | <p>15</p> <p>Pomegranate Glazed Chicken Breast Mixed Rice Pilaf with Turmeric Broccoli Apple</p> | <p>16</p> <p>Krabby Cake Herb Roasted Potatoes Creamed Spinach Whole Wheat Bread Orange</p>  | <p>17</p> <p>Salisbury Steak w/ Mushrooms & Onions Mashed Potatoes & Gravy Peas & Carrots Whole Wheat Bread Banana</p> |
| <p>20 CLOSED FOR PRESIDENTS' DAY HOLIDAY</p>  | <p>21</p> <p>BINGO Hawaiian Chicken Peppers, Onions, Pineapple, Ginger, Garlic, Sweet Chili Sauce, Cilantro Mixed Coconut Rice Green Beans Mandarin Oranges</p> | <p>22</p> <p>Cheese Ravioli Marinara Sauce Normandy Vegetables Lentils Whole Wheat Bread Fruit Cocktail</p>  | <p>23</p> <p>Creole Chicken with Tomatoes & Okra Mixed Rice Collard Greens Apple</p> | <p>24</p> <p>Moroccan Chicken with Chickpeas & Tomatoes Roast Potatoes w/ Garlic & Turmeric Whole Wheat Bread Peas & Carrots Banana</p> |
| <p>27</p> <p>Picadillo Ground Beef with Onion, Peppers & Spices Mixed Rice Black Beans Mixed Vegetables Orange</p> | <p>28</p> <p>Chicken Gyros Garlic Yogurt Sauce Mixed Rice Pilaf Grilled Zucchini, Squash & Peppers Whole Wheat Pita Orange</p> | | <p>Location: Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024</p> | <p>Free Blood Pressure Checks at the Community Center February 3 & February 16 9:30am-12:30pm</p>  |

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.