



Oakcrest Café

July 2023 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Red, White, & Blue Theme Party Hamburger WW Burger Roll Potato Salad Baked Beans Watermelon Apple Pie & Ice Cream	4 CLOSED IN OBSERVANCE OF INDEPENDENCE DAY	5 Stir Fried Chicken w/ Ginger, Garlic, Scallions, Bean Sprouts, Bamboo Shoots, Stir Fried Noodle California Vegetables Pineapple	6 BBQ Pork White Wheat Roll, Sweet & Sour Cabbage Salad Corn Cantaloupe	7 BIRTHDAY CELEBRATION! Tilapia Provençal w/ Tomato, Red Pepper, Olives, Capers & Parsley, Quinoa Pilaf Broccoli & Carrots Banana
10 Chicken Gumbo Mixed Rice Collard Greens w/ Bacon Fruit Cocktail	11 Beef Stew w/ Carrots, Celery & Onion, Parsley Potatoes, Peas & Carrots WW Bread Apple	12 Chicken Marsala Potatoes Gratin Vegetable Medley: Green Beans, Carrots, Squash, Red Pepper WG Bread Banana	13 Pork Loin with Mustard Sauce Sweet Potatoes Green Beans WW Bread Apple Sauce	14 Creole Beef w/ Cabbage Red Beans Mixed Rice Broccoli Peaches
17 Pasta Primavera w/ Lemon Chicken Mixed Pasta tossed w/ Broccoli, Carrots, Squash, Tomatoes, Fresh Parsley Apple	18 BINGO Turkey Quinoa Meatloaf Cranberry Chili Glazed Spinach Lentils Wheat Bread Orange	19 Pork Zurichoise Mushroom Cream Sauce WG Noodles Red Cabbage Pineapple	20 Roast Beef au Jus Mashed Potatoes Peas WW Bread Banana	21 Thai Chicken Curry w/ Red Peppers, Zucchini, Carrots, Onion, Coconut Mixed Rice Mandarins
24 Chicken Aurora Brandied Tomato Cream Sauce WG Pasta Italian Vegetables Pineapple	25 Ginger Beef w/ Ginger, Scallions, 1/2 c. Cabbage, Mixed Rice, Broccoli & Carrots Peaches	26 Spaghetti Puttanesca Not so Spicy Tomato Sauce w/ Red Peppers, Garlic, Olives, & Capers Spinach Chickpea Stew w/ Garlic & Tomatoes Watermelon	27 Meatloaf Beef & Pork Mashed Potatoes, Gravy Peas & Carrots WW Bread Banana	28 Pork Carnitas Mixed Rice w/ Cilantro Corn & Black Beans Orange
31 Chicken a l'Orange WG Mixed Rice & Quinoa Green Beans w/ Garlic Mandarin Oranges		Location: Encinitas Senior Center 1140 Oakcrest Park Drive Encinitas, CA 92024	Free Blood Pressure Checks at the Community Center July 7 & July 20 9:30 am—12:30 pm 	Denotes meal with more than 1000mg sodium



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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
12:00 p.m. one business day before you would like to have lunch.
Monday reservations are due no later than 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.

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 and suggestions about this program are welcomed.
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, and your meal donations.



**PARKS, RECREATION
AND CULTURAL ARTS**