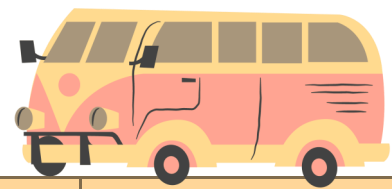




Oakcrest Café

August 2023 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Location: Encinitas Senior Center 1140 Oakcrest Park Drive, Encinitas, CA 92024</p>	<p>1 Texas BBQ Beef Sweet Potatoes Cabbage Salad WW Bread Apple</p>	<p>2 Meat & Cheese Lasagna Marinara Sauce Chickpea Tomato Stew, Spinach, Peaches, WW Roll</p>	<p>3 Teriyaki Chicken Mixed Rice Broccoli Normandy, Pineapple</p>	<p>4 Birthday Celebration! Krabby Cake WG Pasta Salad, Tomatoes, Basil, Vinaigrette Spinach Salad Watermelon</p>
<p>7 Pepper Steak Red Peppers & Onions, Parsley Potatoes, Zucchini WW Bread Apple</p>	<p>8 Paella Chicken, Sausage, & Shrimp Mixed Rice w/ Peas & Carrots, Red Peppers, Green Beans, Banana</p>	<p>9 Pork Roast Gravy Potatoes Gratin Vegetable Medley: Green Beans, Carrots, Squash, Red Pepper WW Bread Pineapple</p>	<p>10 Spaghetti Marinara WG Pasta w/ Eggplant & Spinach, Chickpea Stew w/ Garlic & Tomatoes Watermelon</p>	<p>11 Chicken & Cheese Enchiladas Mixed Mexican Rice Corn & Black Beans Orange</p>
<p>14  Turkey Burger WW Roll Potato Salad Broccoli Salad w/ Carrots Apple</p>	<p>15  Cuban Ropa Vieja Beef & Pork Mixed Rice Black Beans Corn Orange</p>	<p>16 Chicken Chow Mein Celery, Carrots, Cabbage, Scallions, Ginger WG Noodles Asian Cabbage Salad w/ Carrots Sesame Ginger Dressing Pineapple</p>	<p>17 Salisbury Steak Mushroom Gravy Mashed Potatoes Peas WW Bread Banana</p>	<p>18 Tilapia w/ Mango Sauce Manhattan Blend Coconut Mixed Rice Watermelon</p>
<p>21 Hawaiian Pork Loin Marinated in Pineapple, Ginger, Cilantro, & Garlic Sweet Potatoes Green Beans Applesauce WG Goldfish</p>	<p>22 Chicken a la King Mixed Rice Collard Greens w/ Bacon Fruit Cocktail</p>	<p>23 Meatloaf Beef & Pork Mashed Potatoes, Gravy Peas & Carrots WW Bread Banana</p>	<p>24 Roaring 20's Theme Party Vegetarian Cheese Tortellini Sundried Tomato Cream Sauce Spinach Lentils Wheat Bread Orange</p>	<p>25  Philadelphia Cheese Steak Sauteed Onions Steak Roll Chopped Romaine Bulgur Salad w/ Tomatoes, Cucumbers, Parsley, Vinaigrette Watermelon</p>
<p>28 Chicken Alfredo w/ Spinach WG Pasta Italian Vegetables Apple</p>	<p>29 Pork Posole w/ Hominy Shredded Cabbage, Cilantro, Radishes Zucchini & Corn Mixed Rice Mandarin Oranges</p>	<p>30 Beef & Chickpea Curry Parsley Potatoes Peas & Carrots WW Bread Banana</p>	<p>31 Greek Chicken Marinated in Yogurt, Garlic, Tomato Paste, & Oregano Ratatouille Mixed Rice Cantaloupe</p>	<p> Denotes meal with more than 1000mg sodium</p>



Oakcrest Café

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**