



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Jaegerschnitzel Pork Escalope w/ Mushroom Sauce, Noodles, Cabbage, WW Bread, Apple	3 Chicken Marsala Potatoes Gratin, Vegetable Medley: Green Beans, Carrots, Squash, Red Pepper, WG Bread, Orange	4 Creole Beef Red Beans, Mixed Rice, Broccoli, Applesauce	5 Meat & Cheese Lasagna Marinara Sauce, Spinach, Chickpeas w/ Tomatoes, Peaches, WW Bread	6 BIRTHDAY CELEBRATION! Tilapia Provençal w/ Tomato, Red Pepper, Olives, Capers & Parsley, Mixed Grain Pilaf, Broccoli & Carrots, Banana
9 Maple Bourbon Glazed Chicken Breast Mixed Rice, Collard Greens w/ Bacon, Fruit Cocktail	10 Beef Stew w/ Carrots, Celery & Onion, Peas & Carrots, WW Bread, Apple	11 Sweet Chili Glazed Pork Loin Sweet Potatoes, Green Beans, WW Bread, Applesauce	12 Stir Fried Chicken Asian Blend Vegetables, WG Mixed Rice, Banana	13 Hamburger WW Burger Roll, Potato Salad, Baked Beans, Orange
16 Chicken Pesto w/Cheese Tortellini Spinach, Tuscan White Beans, WW Bread, Pineapple	17 BINGO Turkey Chili WG Rice & Lentil Pilaf, Corn w/ Red Peppers, Spinach Salad w/ Shredded Carrots, Honey Mustard Dressing, Orange	18 Pork Zurichoise Mushroom Cream Sauce, WG Noodles, Red Cabbage, Apple	19 Beef Burgundy w/Bacon, Onions & Mushrooms, Mashed Potatoes, Peas & Carrots, WW Bread, Banana	20 Thai Chicken Salad w/ Brown Rice Carrots, Cucumber, Cabbage, Bok Choy, Edamame, Ginger, Mandarins
23 Chicken Aurora Brandied Tomato Cream Sauce, WG Pasta, Italian Vegetables, Pineapple	24 Ginger Beef w/Ginger, Scallions, Cabbage, Mixed Rice, Broccoli & Carrots, Peaches	25 Spaghetti Puttanesca WG Pasta, Tomato Sauce w/Red Peppers, Garlic, Olives & Capers, Spinach, Chickpea Stew w/ Garlic & Tomatoes, Watermelon	26 Meatloaf Beef & Pork, Mashed Potatoes, Gravy, Peas & Carrots, WW Bread, Banana	27 Pork Carnitas Mixed Rice w/ Cilantro, Corn & Black Beans, Corn Tortilla, Orange
30 Chicken al 'Orange WG Mixed Rice Pilaf, Green Beans w/ Garlic, Mandarin Oranges	31 HALLOWEEN THEME PARTY Ghoulash Beef & Pork, WG Noodles, California Blend Vegetables, Apple	 Denotes meal with more than 1000mg sodium	Free Blood Pressure Checks at the Community Center October 6 & October 19 9:30am—12:30pm	*Senior Citizen Commission Mtg on Tuesday, October 17, 2pm at Encinitas City Hall w/ Presentation: Encinitas Library Programs & Services



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. at the Encinitas Community and Senior Center,
1140 Oakcrest Park Drive, Encinitas, CA 92024

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.

Encinitas Senior Citizen Commission / Presentation

*The October presentation to the Encinitas Senior Citizen Commission and the
Encinitas community will briefly explain the programs and services offered by
Encinitas Library. The presentation will be held at 2pm at
Encinitas City Hall, 505 S. Vulcan Drive, Encinitas, CA 92024



**PARKS, RECREATION
AND CULTURAL ARTS**