



Oakcrest Café

April 2024 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Posole Hominy, Shredded Cabbage, Cilantro, Zucchini & Corn Mixed Rice Mandarin Oranges	2 BOXED LUNCH SERVED IN ROOM 136 Chicken Salad Sandwich Cabbage Salad Apple	3 Curry Chicken Mixed Rice Pilaf Broccoli Normandy Cucumber Salad Pineapple	4 Meat & Cheese Lasagna Chickpea Tomato Stew, Spinach Breadsticks Peaches	5 BIRTHDAY CELEBRATION! Tilapia Provençal w/ Tomatoes, Red Peppers, Olives Quinoa Pilaf Broccoli Applesauce
8 Chicken Marsala Mixed Rice Collard Greens w/ Bacon Fruit Cocktail	9 Beef Stew w/ Carrots, Celery & Onion Parsley Potatoes Peas & Carrots Bread Apple	10 Chicken Cordon Bleu Potatoes Gratin Manhattan Blend Bread Mixed Bean Salad Banana	11 Pork Zurichoise Mushroom Cream Sauce Noodles Sauteed Cabbage Pineapple	12 Vegetarian Chili w/ Cheese Mixed Rice Broccoli Peaches
15 Pasta Primavera w/ Lemon Chicken Mixed pasta tossed w/ Vegetables Chickpea Salad Apple	16 Pork Loin w/ Apple Chutney Sweet Potatoes Vegetables, Bread Applesauce 2PM SENIOR COMMISSION Details back of flyer	17 Turkish Meatballs Tzatziki Ratatouille Tomato Cucumber Salad Pita Orange	18 Thai Chicken Salad w/ Carrots, Scallions, Cucumbers, Romaine, Noodles Pineapple	19 SPRING LUNCHEON French Dip Au Jus Garlic & Herb Roasted Potatoes Broccoli Salad, Roll Banana
22 Korean Beef w/ Ginger, Bean Sprouts, Cabbage Mixed Rice Stir Fry Blend Mandarins	23 BBQ Pork Sandwich Roll Potatoes Gratin Mixed Vegetables Apples	24 Seafood Newburg Surimi Crab & Shrimp Spinach Spring Mixed Salad Peaches	25 Meatloaf Beef & Pork Mashed Potatoes Gravy Peas & Carrots Bread Banana	26 Margarita Chicken Mixed Mexican Rice Corn & Black Beans Orange
29 Chicken w/ Brandied Tomato Cream Sauce Pasta Green Beans Mandarins	30 Italian Lentil Stew w/ Turkey Mixed Vegetables Mixed Rice Cantaloupe	Encinitas Senior Center 1140 Oakcrest Park Dr. Encinitas, CA 92024 (760) 943-2258		 Denotes meal with more than 1000mg sodium
				Free Blood Pressure Checks Community Center Lobby Apr 5 and Apr 18 9:30am—12:30pm



Oakcrest Café

PROGRAM 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.
Non-senior (under 60 years of age) 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.

50+ Programs

Please visit EncinitasParksandRec.com or call **760-943-2250** to learn about the wonderful programs, special events, and services offered at the Encinitas Community and Senior Center.

Senior Citizen Commission, Tues. April 16th, 2 p.m.

April's meeting will include a presentation from the Solana Center on waste reduction and resource conservation. The meeting is open to the public and will be held at Encinitas City Hall, 505 S. Vulcan Avenue, Encinitas, CA 92024.

How Are We Doing?

Compliments and suggestions are welcomed. The Encinitas Senior Nutrition Program is supported by the City of Encinitas and your meal donations.



**PARKS, RECREATION
AND CULTURAL ARTS**