



# Oakcrest Café

## May 2024 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Encinitas Senior Center</b> 1140 Oakcrest Park Dr. Encinitas, CA 92024 (760) 943-2258	<b>Denotes meal with more than 1000mg sodium</b>  <b>Free Blood Pressure Checks</b> May 3 and May 16 9:30am-12:30pm	1 <b>Stir Fried Pork</b> Vegetables Mixed Rice Asian Cabbage & Carrot Salad Pineapple	2 <b>BOXED LUNCH IN ROOM 140</b> <b>Green Salad w/ Chicken</b> Beans, Corn & Rice Mandarin Oranges	3 <b>BIRTHDAY CELEBRATION &amp; CHURRO DAY!</b>  <b>Carne Asada</b> Papa Loca Baked Potato Salsa & Chips Watermelon
6 <b>Chicken Portuguese</b> Tomatoes, Peppers Mixed Pasta Manhattan Blend Banana	7 <b>Roast Beef</b> Gravy Mashed Potatoes Creamed Spinach Bread Apple 	8 <b>Turkey Quinoa Meatloaf</b> Stuffing Sweet Potatoes Coleslaw Peaches	9 <b>Moroccan Spiced Pepper Steak</b> Lentils w/ Carrots Normandy Blend Bread Apple	10 <b>Chicken Bearnaise</b> Parsley Red Potatoes Zucchini Parmesan Wheat Roll Pineapple
13 <b>Chicken Divan</b> Broccoli-n-Cheese Chickpeas w/ Tomatoes Mixed Rice Peaches	14 <b>Salisbury Steak</b> Mashed Potatoes Peas & Carrots Bread, Banana <b>OLDER AMERICAN'S MONTH CELEBRATION</b>  	15 <b>Chicken Enchiladas</b> Mexican Rice Pinto Beans Romaine Salad Mandarin Oranges	16 <b>Pork Loin</b> Tarragon Mustard Potato Gratin Vegetables Bread Apple 	17 <b>Tuna Salad</b> Green Salad Macaroni Salad Fruit Salad
20 <b>Baked Ziti</b> Pasta, Mozzarella Marinara Sauce Collard Greens Lentils Peaches	21  <b>Chicken Asada</b> Mexican Rice Zucchini, Corn & Red Peppers Orange <b>2PM SENIOR COMMISSION</b> Details back of flyer	22 <b>Meatloaf</b> Beef & Pork Mashed Potatoes, Gravy, Peas Spring Salad Bread Banana	23 <b>Sweet &amp; Sour Chicken</b> Mixed Rice Vegetables Pineapple	24 <b>Hamburger</b> Mushroom & Onions Ranch Beans Sweet Potatoes Watermelon  <b>MEMORIAL LUNCHEON</b> 
27 <b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b> 	28 <b>Chili Con Carne</b> Mixed Rice Fiesta Corn Orange	29 <b>Chicken Pesto</b> Pasta Green Beans Spinach Salad w/ Carrots & Feta Watermelon	30 <b>Shepherd's Pie</b> Mashed Potatoes Peas & Carrots Bread, Pineapple	31 <b>Green Curry Tilapia</b> Coconut Rice Italian Medley Mandarins



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## 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](http://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. May 21st, 2 p.m.

May's meeting will include a presentation from Scripps Health on stroke prevention and warning signs. 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**