

PARK AVENUE CAFÉ LUNCH MENU – DECEMBER 2021

DELICIOUS LUNCH SERVED MONDAY - FRIDAY FROM 11:30 A.M. TO 12:15 P.M.

SENIORS 60 & OVER - \$4 SUGGESTED VOLUNTARY CONTRIBUTION

UNDER 60 - \$7 FEE

NO ELIGIBLE PERSON AGE 60+ WILL BE DENIED A MEAL BECAUSE OF FAILURE OR INABILITY TO CONTRIBUTE.

Monday	Tuesday	Wednesday	Thursday	Friday
THE NUTRITION PROGRAM IS SUPPORTED BY THE CITY OF ESCONDIDO AND THE COUNTY OF SAN DIEGO AGING & INDEPENDENCE SERVICES. MENU SUBJECT TO CHANGE WITHOUT NOTICE. * DENOTES ENTIRE MEAL BEING >1000 MG		1	2	3
		SALISBURY STEAK W/ONION GRAVY MASHED POTATOES GREEN PEAS FRUIT COCKTAIL WHOLE WHEAT BREAD	HAM W/BROWN SUGAR GLAZE BAKED SWEET POTATO SEASONED SPINACH GALA APPLE WHOLE WHEAT BREAD	* GREEN CHILE CHICKEN ENCHILADAS SPANISH BROWN RICE STEAMED CHAYOTE BANANA
6	7	8	9	10
* ASPARAGUS AND ARTICHOKE STRATA GLAZED CARROTS & PARSNIPS BARTLETT PEAR WHOLE WHEAT	MANICOTTI W/ TURKEY MEAT SAUCE BROCCOLI RABE & SUN DRIED TOMATOES DICED PEACHES WHOLE WHEAT BREAD	PECAN CRUSTED TILAPIA BROWN & WILD RICE PILAF GARLIC GREEN BEANS NAVEL ORANGE	BEEF & MUSHROOM KAFTA W/CUCUMBER YOGURT SAUCE WARM LENTIL & POTATO SALAD TUSCAN VEGETABLE BLEND GALA APPLE WHOLE WHEAT BREAD	CHICKEN & SAUSAGE JAMBALAYA COLLARD GREENS PINEAPPLE CHUNKS WHOLE WHEAT BREAD
13	14	15	16	17
VEGETARIAN CHILI STEAMED PEAS FRUIT COCKTAIL WHOLE WHEAT BREAD	ITALIAN SAUSAGE & TOMATOES WHOLE WHEAT PENNE PASTA SAUTÉED ZUCCHINI & SQUASH DICED PEACHES	COUNTRY FRIED STEAK SMASHED POTATO W/LEEKs STEAMED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	* HAM & VEGETABLE FRITTATA SWEET POTATOES & PARSNIP HASH RATATOUILLE CANNED PINEAPPLE WHOLE WHEAT BREAD	BAKED CHICKEN DRUMSTICKS HERBED ROASTED RED POTATOES CREAMED SPINACH CINNAMON APPLESAUCE WHOLE WHEAT BREAD
20	21	22	23	24
* EGGPLANT PARMESAN WHOLE WHEAT SPAGHETTI WHITE BEAN & KALE SALAD NAVEL ORANGE	PORK CARNITAS SPANISH BROWN RICE STEAMED CHAYOTE CANNED PEARS	SWEDISH MEATBALLS EGG NOODLES ROASTED BRUSSELS SPROUTS CANNED PEACHES WHOLE WHEAT BREAD	ROAST BEEF WITH GRAVY GARLIC MASHED POTATOES W/GRAVY APPLE COBBLER WHOLE WHEAT DINNER ROLL	
27	28	29	30	31
BAKED MACARONI & CHEESE W/GRILLED CHICKEN & BROCCOLI STEWED TOMATOES CANNED PINEAPPLE WHOLE WHEAT BREAD	BAKED FISH VERA CRUZ HERBED QUINOA FRESH GREEN BEANS NAVEL ORANGE	SALISBURY STEAK W/ONION GRAVY MASHED POTATOES FRUIT COCKTAIL WHOLE WHEAT BREAD	ROASTED PORK LOIN W/CHAMPAGNE GLAZE BAKED SWEET POTATOES BROCCOLI & CAULIFLOWER GALA APPLE WHOLE WHEAT DINNER ROLL CHOCOLATE CREAM PIE	

PLEASE MAKE YOUR RESERVATIONS BY NOON THE DAY BEFORE YOU WISH TO DINE.
 (ON FRIDAY FOR MONDAY RESERVATIONS)

760 - 839 - 4803 LUNCH RESERVATION, LUNCH TRANSPORTATION & CANCELLATION LINE.
 (24 HR. VOICE MAIL)