## Park Avenue Café Lunch Menu – August 2023

Delicious lunch served Monday - Friday from 11:30 a.m. to 12:15 p.m.

**Seniors 60 & over** - $4 suggested voluntary contribution  
**Under 60** - $9 fee

No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

### The nutrition program is supported by the City of Escondido and the County of San Diego Aging & Independence Services.

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| **THE NUTRITION PROGRAM IS SUPPORTED BY THE CITY OF ESCONDIDO AND THE COUNTY OF SAN DIEGO AGING & INDEPENDENCE SERVICES.** | **BEef Macaroni**  
Steamed Broccoli  
Canned Pears  
Whole Wheat Bread | **Apricot Glazed Ham**  
Mashed Potatoes  
Roasted Carrots  
Navel Orange  
Whole Wheat Bread | **Beef Stew**  
Whole Wheat Pasta  
Steamed Zucchini  
Banana | **Chicken & Sausage Jambalaya**  
Sautéed Peas  
Canned Peaches  
Whole Wheat Bread |
| 7 | 8 | 9 | 10 | 11 |
| **Coconut Chicken Curry**  
Brown Rice  
Sautéed Bok Choy  
Gala Apple | **Roasted Pork Loin**  
Roasted Potatoes  
Broccoli & Peppers  
Banana  
Whole Wheat Bread | **Pecan Crusted Tilapia**  
Lentils  
Carrots & Cauliflower  
Navel Orange  
Whole Wheat Bread | **Chicken Fried Steak**  
Mashed Potatoes  
Brussel Sprouts  
Canned Pears  
Whole Wheat Bread | **Barbecue Chicken Quarters**  
Baked Beans  
Cole Slaw  
Canned Peaches  
Whole Wheat Bread |
| 14 | 15 | 16 | 17 | 18 |
| **Shepherd’s Pie**  
Brussel Sprouts  
Fruit Cocktail  
Whole Wheat Bread | **Cheese Ravioli w/Bolognese**  
Sautéed Peas  
Canned Peaches  
Whole Wheat Bread | **Moroccan Style Chicken Thighs**  
Brown Rice  
Lentils  
Navel Orange | **Baked Ham w/Honey Glaze**  
Brown Rice Pilaf  
Butternut Squash  
Gala Apple | **Swedish Meatballs**  
Mashed Potatoes  
Steamed Spinach  
Canned Peaches  
Whole Wheat Bread |
| 21 | 22 | 23 | 24 | 25 |
| **Apple Fennel Roast Pork**  
Lime Brown Rice  
Green Beans  
Navel Orange | **Rotisserie Cajun Spice Chicken**  
Black Eye Peas  
Collard Greens  
Canned Pineapple  
Whole Wheat Bread | **Braised Brisket**  
Thyme Roasted Potatoes  
Cauliflower  
Banana  
Whole Wheat Bread | **Baked Tilapia**  
Farro  
Roasted Peppers  
Canned Pears  
Whole Wheat Bread | **Teriyaki Chicken Thighs**  
Brown Rice Pilaf  
Sautéed Bok Choy  
Gala Apple |
| 28 | 29 | 30 | 31 | |
| **Beef Stroganoff**  
Buttered Egg Noodles  
Broccolini  
Gala Apple  
Whole Wheat Bread | **Turkey Meatloaf**  
Mashed Potatoes  
Brussel Sprouts  
Canned Pears  
Whole Wheat Bread | **Pan-Seared Pollock w/Salsa**  
Brown Rice  
Sautéed Peas  
Banana | **Garlic Herb Roasted Pork Loin**  
Barley  
Steamed Spinach  
Navel Orange  
Whole Wheat Bread | Menu subject to change without notice.  
* denotes entire meal being >1000 mg sodium  
All meals are served with Low Fat Milk |

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)