Park Avenue Café Lunch Menu – February 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** - $8 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.		1 **Turkey Meatballs w/Tomato Basil Sauce** Whole Wheat Spaghetti California Vegetables Canned Peaches	2 **Garlic Herb Pork Loin** Baked Sweet Potato Creamed Spinach Banana Whole Wheat Bread	3 **Salisbury Steak w/Onion Gravy** Garlic Mashed Potatoes Garden Vegetables Applesauce w/Cinnamon Whole Wheat Bread
6 **Ham Mushroom & Swiss Frittata** Garlic & Herb Roasted Potatoes Roasted Carrots Gala Apple Whole Wheat Bread	7 **Roasted Pork Loin w/Chimichurri Sauce** Lime Brown Rice Roasted Broccoli & Red Peppers Banana	8 **Pecan Crusted Tilapia** Lentils Carrots & Cauliflower Blend Navel Orange Whole Wheat Bread	9 **Tuna & Noodle Casserole** Brussels Sprouts Canned Pears Whole Wheat Bread	10 **Green Chicken Enchiladas** Spanish Brown Rice Black Beans Canned Peaches
13 **Vegetarian Chili** Roasted Butternut Squash Steamed Peas Fruit Cocktail Whole Wheat Bread	14 **Beef Lasagna** Sautéed Zucchini & Squash Canned Peaches Whole Wheat Bread	15 **Parmesan Baked Chicken Tenders** Sweet Potato Fries Baked Beans Orange Whole Wheat Bread	16 **Shepherd's Pie** Roasted Brussels Sprouts Mandarin Oranges Whole Wheat Bread	17 **Swedish Meatballs** Garlic Mashed Potatoes Sautéed Spinach Canned Pineapple Whole Wheat Bread
CLOSED 20 	21 **Blacked Tilapia** Brown Rice Sautéed Peppers & Onions Gala Apple	22 **BBQ Pulled Pork** Baked Beans Coleslaw Banana Whole Wheat Bread	23 **Beef Stew** Carrots, Celery, Potatoes Navel Orange Whole Wheat Bread	24 **Chicken, Shrimp, Sausage Jambalaya** Collard Greens Canned Peaches Whole Wheat Bread
27 **Chicken & Rice Casserole** Peas & Carrots Bartlett Pear Whole Wheat Bread	28 **Baked Fish Vera Cruz** Brown Rice Corn & Black Beans Navel Orange	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)

Fun & Games - Healthy Foods

B	A	K	A	P	R	I	C	O	T	S	K	U	C
R	R	B	R	L	C	O	D	N	L	L	S	M	H
E	T	R	A	E	R	L	N	A	U	I	N	T	E
A	I	O	S	M	A	T	S	I	P	V	M	W	R
D	C	C	P	O	N	R	Q	L	O	P	O	E	R
O	H	O	B	N	B	G	U	Y	V	N	L	U	Y
P	O	L	E	C	E	B	A	N	A	N	A	E	T
S	K	L	R	B	R	F	S	F	M	C	V	S	O
A	E	I	R	X	R	P	H	L	I	R	O	E	M
L	S	M	Y	N	Y	D	D	O	L	A	C	C	A
M	Y	O	G	U	R	T	I	Q	K	B	A	H	T
O	A	H	S	P	I	N	A	C	H	P	D	E	O
N	X	F	I	G	A	R	L	I	C	A	O	E	V
M	D	C	P	L	S	H	E	L	L	F	I	S	H
I	N	C	A	N	T	A	L	O	U	P	E	E	Q
P	E	A	N	U	T	S	M	G	I	N	G	E	R

MILK
YOGURT
APPLE
BANANA
BROCOLLI
CHERRY
CHEESE

BREAD
APRICOTS
AVOCADO
CANTALOUPE
RASPBERRY
TOMATO
CRANBERRY

LEMON
LIME
FIG
ONION
ARTICHOKES
GINGER
SPINACH

SQUASH
GARLIC
PEANUTS
SHELLFISH
SALMON
CRAB