

PARK AVENUE CAFÉ LUNCH MENU – JANUARY 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
CLOSED 2	3	4	5	6
	BAKED FISH VERA CRUZ BROWN RICE CORN & BLACK BEANS NAVEL ORANGE	TURKEY MEATBALLS W/TOMATO BASIL SAUCE WHOLE WHEAT SPAGHETTI CALIFORNIA VEGETABLES CANNED PEACHES	GARLIC HERB PORK LOIN BAKED SWEET POTATO CREAMED SPINACH BANANA WHOLE WHEAT BREAD	SALISBURY STEAK W/ONION GRAVY GARLIC MASHED POTATOES GARDEN VEGETABLES APPLESAUCE W/CINNAMON WHOLE WHEAT BREAD
9	10	11	12	13
HAM MUSHROOM & SWISS FRITTATA GARLIC & HERB ROASTED POTATOES ROASTED CARROTS GALA APPLE WHOLE WHEAT BREAD	ROASTED PORK LOIN W/CHIMICHURRI SAUCE LIME BROWN RICE ROASTED BROCCOLI & RED PEPPERS BANANA	PECAN CRUSTED TILAPIA LENTILS CARROTS & CAULIFLOWER BLEND NAVEL ORANGE WHOLE WHEAT BREAD	TUNA & NOODLE CASSEROLE BRUSSELS SPROUTS CANNED PEARS WHOLE WHEAT BREAD	GREEN CHICKEN ENCHILADAS SPANISH BROWN RICE BLACK BEANS CANNED PEACHES
CLOSED 16	17	18	19	20
	BEEF LASAGNA SAUTÉED ZUCCHINI & SQUASH CANNED PEACHES WHOLE WHEAT BREAD	PARMESAN BAKED CHICKEN TENDERS SWEET POTATO FRIES STEAMED BROCCOLI APPLESAUCE W/CINNAMON WHOLE WHEAT BREAD	SHEPHERD'S PIE ROASTED BRUSSELS SPROUTS MANDARIN ORANGES WHOLE WHEAT BREAD	BAKED CHICKEN DRUMSTICKS BLACK EYED PEAS SAUTÉED SPINACH CANNED PINEAPPLE WHOLE WHEAT BREAD
23	24	25	26	27
TEXAS CHILI W/BEANS PEAS & MUSHROOMS CANNED PEARS WHOLE WHEAT BREAD	BLACKED TILAPIA BROWN RICE SAUTÉED PEPPERS & ONIONS GALA APPLE	BBQ PULLED PORK BLACK BEANS COLESLAW BANANA WHOLE WHEAT BREAD	BEEF STEW CARROTS, CELERY, POTATOES NAVEL ORANGE WHOLE WHEAT BREAD	CHICKEN, SHRIMP, SAUSAGE JAMBALAYA COLLARD GREENS CANNED PEACHES WHOLE WHEAT BREAD
30	31	<p>THE NUTRITION PROGRAM IS SUPPORTED BY THE CITY OF ESCONDIDO AND THE COUNTY OF SAN DIEGO AGING & INDEPENDENCE SERVICES.</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>* DENOTES ENTIRE MEAL BEING >1000 MG SODIUM</p> <p>ALL MEALS ARE SERVED WITH LOW FAT MILK</p>		
CHICKEN & RICE CASSEROLE PEAS & CARROTS BARTLETT PEAR WHOLE WHEAT BREAD	BAKED FISH VERA CRUZ BROWN RICE CORN & BLACK BEANS NAVEL ORANGE			

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)