


PARK AVENUE CAFÉ LUNCH MENU – JANUARY 2024

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.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED FOR NEW YEARS	SHEPERD'S PIE ROASTED BRUSSEL SPROUTS CANNED PEACHES WHOLE WHEAT BREAD	*ROOT BEER GLAZED HAM MASHED POTATOES ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	PECAN CRUSTED TILAPIA CREAMED SPINACH STEAMED BROWN RICE BANANA	ROASTED PORK LOIN STEAMED CABBAGE BLACK-EYED PEAS CANNED PEARS WHOLE WHEAT BREAD
8	9	10	11	12
COCONUT CHICKEN CURRY SAUTÉED BOK CHOY BROWN RICE PILAF GALA APPLE	HOMEMADE MEATLOAF MASHED POTATOES ROASTED ACORN SQUASH CANNED PEARS WHOLE WHEAT BREAD	CAJUN BLACKENED CATFISH OKRA AND TOMATOES CHEESE GRITS ORANGE WHOLE WHEAT BREAD	SWEET N' SOUR PORK ROASTED CARROTS STEAMED RICE CANNED PEACHES WHOLE WHEAT BREAD	LEMON CILANTRO CHICKEN SAUTÉED CAULIFLOWER BLACK BEANS BANANA WHOLE WHEAT BREAD
15	16	17	18	19
 MARTIN LUTHER KING DAY	*BBQ CHICKEN THIGHS BAKED BEANS COLESLAW BANANA WHOLE WHEAT BREAD	BRAISED PORK W/ SEASONED APPLES MASHED POTATOES FRESH SPINACH CANNED PEARS WHOLE WHEAT BREAD	DIJON HERB CRUSTED COD COUSCOUS FRESH STEAMED BROCCOLI CANNED PEACHES	TURKEY BOLOGNESE SAUCE ON WHOLE WHEAT PASTA ROASTED EGGPLANT GALA APPLE
22	23	24	25	26
BBQ PULLED PORK BAKED BEANS COLESLAW GALA APPLE WHOLE WHEAT BREAD	* TUNA NOODLE CASSEROLE CHARRED BRUSSELS SPROUTS FRUIT COCKTAIL WHOLE WHEAT BREAD	TEXAS CHILI WITH BEANS ROASTED POTATOES SAUTÉED CARROTS CANNED PEACHES WHOLE WHEAT BREAD	TERIYAKI CHICKEN THIGH STEAMED RICE STEAMED BOK CHOY NAVEL ORANGE WHOLE WHEAT BREAD	BRAISED BRISKET FARRO ROASTED CORN AND BELL PEPPERS BANANA
29	30	31	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.	
LEMON HERB TILAPIA LEMON RICE PILAF SAUTÉED CAULIFLOWER NAVEL ORANGE WHOLE WHEAT BREAD	TURKEY MEATLOAF MASHED POTATOES ROASTED CARROTS GALA APPLE WHOLE WHEAT BREAD	BAKED ZITI AND BEEF ROASTED ZUCCHINI CANNED PEARS WHOLE WHEAT BREAD		

PLEASE MAKE YOUR RESERVATIONS 48 HOURS BEFORE YOU WISH TO DINE.

(ON THURSDAY FOR MONDAY RESERVATIONS) **760 - 839 - 4803**

LUNCH RESERVATION, LUNCH TRANSPORTATION & CANCELLATION LINE. (24 HR. VOICE MAIL)