


Park Avenue Café Lunch Menu – September 2019

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

Seniors 60 & over - \$3 donation requested

Under 60 - \$5 fee

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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Closed in Observance of Labor Day 	* Bean & Cheese Enchiladas Spanish Rice Yellow Squash Mixed Melon Cup Whole Wheat Bread	Chicken & Rice Cassarole Green Beans Vegetable Blend Watermelon Whole Wheat Bread	Pulled Pork ◆ Mashed Sweet Potatoes Cole Slaw Mandarin Orange Whole Wheat Bread	Manicotti Marinara Green Beans Collard Greens Pineapple Chunks Whole Wheat Bread
9	10	11	12	13
Lemon Pepper Cod Oven Roasted Red Potatoes Steamed Broccoli Fruit Cup Whole Wheat Bread	Beef and Cheese Ravioli Marinara Tossed Salad w/dressing Yellow Squash ◆ Apple Whole Wheat Bread	Chicken Cacciatore Brown Rice Green Beans Mandarin Orange Whole Wheat Bread	Mongolian Beef Mixed Vegetables Lo Mein Noodles Pineapple Chunks Whole Wheat Bread	Ground Beef Burritos on Whole Wheat Tortilla Broccoli Fruit Cup Salsa & Guacamole Cups
16	17	18	19	20
* Beef Lasagna Tossed Salad w/dressing Ratatouille Mixed Melon Chunks Whole Wheat Bread	Turkey Enchiladas Spanish Rice Brussels Sprouts ◆ Cinnamon Apples Whole Wheat Bread	Spaghetti and Meatballs Green Beans Tossed Salad w/Dressing Pineapple Chunks Whole Wheat Bread	Meatloaf with gravy Mashed Potatoes Vegetable Medley Fresh Fruit Cup Whole Wheat Bread	◆* Stuffed Peppers ◆ Baked Sweet Potato Cauliflower Mandarin Orange Whole Wheat Bread
23	24	25	26	27
* Tuna Noodle Casserole Tossed Salad w/dressing Steamed Carrots Strawberries Whole Wheat Bread	Roast Beef Red Roasted Potatoes Zucchini & Sweet Onions Mixed Melon Cup Whole Wheat Bread	Moroccan Meatballs Couscous Steamed Broccoli Fresh Fruit Cup Whole Wheat Bread	Roasted Chicken Quarter Lemon Orzo Vegetable Blend Fresh Orange Whole Wheat Bread	Baked Fish Vera Cruz Barley Pilaf Braised Greens Fruit Cup Whole Wheat Bread
30	<p>Pork Tenderloin Baked Potato Snap Peas Mandarin Orange Whole Wheat Bread</p> <p>Harvest of the Month™</p> <p>This quarter's items:</p> <ul style="list-style-type: none"> ◆ Peppers ◆ Tomatoes ◆ Cucumbers ◆ Pears ◆ Winter Squash ◆ Sweet Potatoes ◆ Radishes ◆ Apples <p>Indicated By: ◆</p>			

The nutrition program is supported by the City of Escondido and the County of San Diego Aging & Independence Services. No eligible person age 60+ will be denied a meal because of inability to contribute.

Menu subject to change without notice.

* denotes entire meal being > 1000 mg sodium

Please make your reservations by 12 noon the day before you wish to dine (on Friday for Monday reservations)

(760) 839 - 4803

Lunch reservation & cancellation line (24 hr. voice mail)

(760) 480 - 5667

Van reservation & cancellation line (24 hr. voice mail)