

Park Avenue Café Lunch Menu –January 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
	1	2	3	4
		Catch of the Day Baked Potato Wedges Steamed Carrots Fresh Orange Whole Wheat Bread	Beef Burgundy Buttered Egg Noodles Steamed Brussels Sprout Fruit Cup Whole Wheat Bread	Cheese Manicotti w/Meat Sauce Almond Green Beans Tossed Salad Fruit Cup Whole Wheat Bread
7	8	9	10	11
Garlic Herb Meatloaf Mashed Potatoes & Gravy Steamed Carrots Fruit Cup Whole Wheat Bread	Roasted Turkey w/Gravy Roasted Red Potatoes Steamed Spinach Cinnamon Apple Sauce Whole Wheat Bread	Chicken Cacciatore Grilled Polenta Braised Cabbage Tossed Salad Pineapple Chunks Whole Wheat Bread	Stuffed Cabbage * White Rice Roasted Beets Canned Apricots Whole Wheat Bread	Lasagna! Sautéed Zucchini Tropical Fruit Mix Whole Wheat Bread
14	15	16	17	18
Chicken & Rice Casserole * Roasted Vegetable Blend Pineapple Chunks Whole Wheat Bread	Sloppy Joe on Wheat Bun Steamed Broccoli Tossed Salad Pear Cup	Turkey Tetrazzini over Pasta* Swiss Chard Tossed Salad Chopped Cantaloupe Whole Wheat Bread	Chicken Tortellini Alfredo* Squash & Red Pepper Blend Baked Apple Slices Whole Wheat Bread	Philly Cheese Steak on Whole Grain Roll Seasoned Curly Fries Vegetable Medley Banana
21	22	23	24	25
	Chicken Quesadilla w/Salsa Succotash Cream Corn w/Red Peppers Canned Apricots	Beef & Bean Chili Roasted Vegetables Fresh Persimmons Whole Wheat Bread	Cheese Ravioli Marinara Butternut Squash Peaches Whole Wheat Bread	Pulled Pork on Whole Wheat Bun! Cole Slaw Squash Casserole Fresh Orange
28	29	30	31	
Braised Chicken Quarter Wild Brown Rice Pilaf Vegetable Medley Fruit Cocktail Whole Wheat Bread	Spaghetti & Meat Sauce Tossed Salad Seasoned Green Beans Fruited Gelatin Whole Wheat Bread	Catch of the Day Broccoli w/Garlic Sauce Baked Potatoes w/ Sour Cream & Butter Melon Cup Whole Wheat Bread	Moroccan Meatballs Couscous Almond Green Beans Apricots Whole Wheat Bread	

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 300 - 500 mg sodium ! denotes 500+ 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)