

Park Avenue Café Lunch Menu – March 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
 <p>This quarter's items:</p> <ul style="list-style-type: none"> ◆ Swiss Chard ◆ Kale ◆ Cucumbers ◆ Carrots ◆ Strawberries <p>Indicated By: ◆</p>				<p>Spaghetti & Meat Sauce Tossed Salad Almond Green Beans Fruit Cocktail Whole Wheat Bread</p>
4	5	6	7	8
<p>Garlic Herb Meatloaf Mashed Potatoes & Gravy Steamed Carrots ◆ Fruit Cup Whole Wheat Bread</p>	<p>Roast Beef w/Gravy Roasted Red Potatoes Steamed Spinach Cinnamon Apple Sauce Whole Wheat Bread</p>	<p>Chicken Cacciatore Grilled Polenta Braised Cabbage Tossed Salad Pineapple Chunks Whole Wheat Bread</p>	<p>Sausage & Potatoes! Roasted Beets Tossed Salad Canned Apples Whole Wheat Bread</p>	<p>Lasagna! Vegetable Medley Tropical Fruit Mix Whole Wheat Bread</p>
11	12	13	14	15
<p>Chicken & Rice Casserole * Roasted Vegetable Blend Tossed Salad Pineapple Chunks Whole Wheat Bread</p>	<p>Sloppy Joe on Wheat Bun Steamed Broccoli Pasta Salad Pear Cup</p>	<p>Turkey Tetrazzini over Pasta* ◆ Sautéed Kale Tossed Salad Chopped Cantaloupe Whole Wheat Bread</p>	<p>Chicken Tortellini Alfredo* Squash & Red Peppers Fruit Gelatin Whole Wheat Bread</p>	<p>Shepard's Pie Vegetable Medley Tossed Salad Banana Whole Wheat Bread</p>
18	19	20	21	22
<p>White Bean & Chicken Chili Broccoli & Cauliflower Tossed Salad w/tomatoes & shredded carrots ◆ Pear Cup Whole Wheat Bread</p>	<p>Chicken Quesadilla w/Salsa Succotash Tossed Salad w/tomatoes & shredded carrots ◆ Tropical Fruit Mix</p>	<p>Beef Enchiladas Rice & Beans Roasted Vegetables Ruby Red Grapefruit Whole Wheat Bread</p>	<p>Cheese Ravioli Marinara Tossed Salad Butternut Squash Peaches Whole Wheat Bread</p>	<p>Pulled Pork on Whole Wheat Bun! Cole Slaw Squash Casserole Fresh Orange</p>
25	26	27	28	29
<p>Braised Chicken Quarter Wild Brown Rice Pilaf Vegetable Medley Fruit Cocktail Whole Wheat Bread</p>	<p>Philly Cheese Steak Seasoned Green Beans Tossed Salad Baked Cinnamon Apples</p>	<p>Catch of the Day Broccoli w/Garlic Sauce Baked Potatoes w/Sour Cream & Butter Melon Cup Whole Wheat Bread</p>	<p>Moroccan Meatballs Couscous Almond Green Beans Tropical Fruit Mix Whole Wheat Bread</p>	<p>Spaghetti & Meat Sauce Tossed Salad Almond Green Beans Fruit Cocktail Whole Wheat Bread</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 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)