

# PARK AVENUE CAFÉ LUNCH MENU – APRIL 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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>HOMEMADE TURKEY MEATBALLS W/ MARINARA SAUCE ON SPAGHETTI</b> VEGETABLE MEDLEY CANNED PEACHES WHOLE WHEAT BREAD	<b>LEMON HERB TILAPIA</b> LIME BROWN RICE SAUTÉED SPINACH GALA APPLE	<b>ROASTED PORK TENDERLOIN W/ CHIMICHURRI SAUCE</b> LENTILS STEAMED BROCCOLI CANNED PEARS WHOLE WHEAT BREAD	<b>BEEF STROGANOFF ON BUTTERED EGG NOODLES</b> ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	<b>BROWN ALE BRAISED CHICKEN THIGHS</b> GARLIC ROASTED POTATOES FRESH GREEN BEANS BANANA WHOLE WHEAT BREAD
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>JERK CHICKEN THIGHS</b> LEMON RICE PILAF ROASTED ZUCCHINI GALA APPLE WHOLE WHEAT BREAD	<b>SHEPHERD'S PIE</b> ROASTED BRUSSELS SPROUTS CANNED PEACHES WHOLE WHEAT BREAD	<b>* ROOT BEER GLAZED HAM</b> MASHED POTATOES ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	<b>PECAN CRUSTED TILAPIA</b> STEAMED BROWN RICE CREAMED SPINACH BANANA	<b>ROASTED PORK LOIN</b> BLACK-EYED PEAS STEAMED CABBAGE CANNED PEARS WHOLE WHEAT BREAD
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>CHICKEN CURRY</b> BROWN RICE PILAF SAUTÉED BOK CHOY GALA APPLE WHOLE WHEAT BREAD	<b>HOMEMADE MEATLOAF</b> MASHED POTATOES ROASTED ACORN SQUASH CANNED PEARS WHOLE WHEAT BREAD	<b>CAJUN BLACKENED CATFISH</b> CHEESE GRITS OKRA AND TOMATOES ORANGE WHOLE WHEAT BREAD	<b>SWEET N/ SOUR PORK</b> STEAMED RICE FRESH ROASTED CARROTS CANNED PEACHES WHOLE WHEAT BREAD	<b>LIME CILANTRO CHICKEN</b> BLACK BEANS SAUTÉED CAULIFLOWER BANANA WHOLE WHEAT BREAD
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>BRAISED HOMESTYLE BEEF STEW</b> BUTTERED EGG NOODLES ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	<b>* BBQ CHICKEN THIGHS</b> BAKED BEANS COLESLAW BANANA WHOLE WHEAT BREAD	<b>BRAISED CITRUS PORK</b> MASHED POTATOES FRESH SPINACH GALA APPLE WHOLE WHEAT BREAD	<b>DIJON HERB CRUSTED COD</b> COUSCOUS STEAMED BROCCOLI CANNED PEACHES WHOLE WHEAT BREAD	<b>TURKEY BOLOGNESE SAUCE ON WHOLE WHEAT PENNE PASTA</b> ROASTED EGGPLANT GALA APPLE
<b>29</b>	<b>30</b>	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. * DENOTES ENTIRE MEAL BEING >1000 MG SODIUM ALL MEALS ARE SERVED WITH LOW FAT MILK		
<b>BBQ PULLED PORK</b> BAKED BEANS COLESLAW GALA APPLE WHOLE WHEAT BREAD	<b>BRAISED BRISKET</b> FARRO ROASTED CORN AND BELL PEPPERS BANANA			

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)