

PARK AVENUE CAFÉ LUNCH MENU – MARCH 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
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				1
4	5	6	7	8
BRAISED HOMESTYLE BEEF STEW BUTTERED EGG NOODLES ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	* BBQ CHICKEN THIGHS BAKED BEANS COLESLAW BANANA WHOLE WHEAT BREAD	BRAISED PORK W/ SEASONED APPLES MASHED POTATOES FRESH SPINACH CANNED PEARS WHOLE WHEAT BREAD	TURKEY BOLOGNESE SAUCE ON WHOLE WHEAT PENNE PASTA ROASTED EGGPLANT GALA APPLE WHOLE WHEAT BREAD	DIJON HERB CRUSTED COD COUSCOUS FRESH STEAMED BROCCOLI CANNED PEACHES WHOLE WHEAT BREAD
11	12	13	14	15
BBQ PULLED PORK BAKED BEANS COLESLAW GALA APPLE WHOLE WHEAT BREAD	BRAISED BRISKET FARRO ROASTED CORN AND BELL PEPPERS BANANA	TEXAS CHILI W/BEANS ROASTED POTATOES SAUTÉED CARROTS CANNED PEACHES WHOLE WHEAT BREAD	TERIYAKI CHICKEN THIGH STEAMED RICE STEAMED BOK CHOY NAVEL ORANGE WHOLE WHEAT BREAD	SOUTHWEST TILAPIA BROWN RICE CHARRED BRUSSELS SPROUTS FRUIT COCKTAIL
18	19	20	21	22
CHICKEN CACCIATORE ON BOWTIE PASTA BRAISED COLLARD GREENS CANNED PEACHES 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	APPLE, FENNEL, ROASTED PORK TENDERLOIN LENTILS ROASTED PARSNIPS BANANA WHOLE WHEAT BREAD	LEMON HERB TILAPIA LEMON RICE PILAF SAUTÉED CAULIFLOWER NAVEL ORANGE WHOLE WHEAT BREAD
25	26	27	28	29
CHICKEN AND RICE CASSEROLE STEAMED PEAS AND CARROTS GALA APPLE WHOLE WHEAT BREAD	PARMESAN BAKED CHICKEN TENDERS STEWED RED BEANS BALSAMIC ROASTED BRUSSEL SPROUTS CANNED PINEAPPLE CHUNKS WHOLE WHEAT BREAD	SWEDISH MEATBALLS MASHED POTATOES SPINACH WITH SAUTÉED GARLIC CANNED PEARS WHOLE WHEAT BREAD	GARLIC HERB ROASTED PORK LOIN ROASTED SWEET POTATO STEAMED BROCCOLI NAVEL ORANGE WHOLE WHEAT BREAD	BAKED FISH VERA CRUZ BROWN RICE PILAF STEAMED CORN KERNELS 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)