

PARK AVENUE CAFÉ LUNCH MENU – JANUARY 2022

DELICIOUS LUNCH SERVED MONDAY - FRIDAY FROM 11:30 A.M. TO 12:15 P.M.

SENIORS 60 & OVER - \$4 SUGGESTED VOLUNTARY CONTRIBUTION

UNDER 60 - \$7 FEE

NO ELIGIBLE PERSON AGE 60+ WILL BE DENIED A MEAL BECAUSE OF FAILURE OR INABILITY TO CONTRIBUTE. FACE MASKS ARE REQUIRED IN THE DINING ROOMS UNLESS ACTIVELY EATING OR DRINKING.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
CHICKEN & RICE CASSEROLE ZUCCHINI & YELLOW SQUASH PINEAPPLE CHUNKS WHOLE WHEAT BREAD	BAKED FISH VERA CRUZ HERBED QUINOA FRESH GREEN BEANS NAVEL ORANGE	SALISBURY STEAK w/ONION GRAVY MASHED POTATOES CALI. VEGETABLES FRUIT COCKTAIL WHOLE WHEAT BREAD	GARLIC HERB ROASTED PORK LOIN BAKED SWEET POTATO SAUTÉED SPINACH GALA APPLE WHOLE WHEAT BREAD	CHICKEN FAJITA SPANISH BROWN RICE STEAMED CHAYOTE PINTO BEANS BANANA
10	11	12	13	14
WESTERN HAM & CHEESE STRATA ROASTED RED POTATOES ROASTED CARROTS GARLIC & HERB NAVEL ORANGE	CHEESE RAVIOLI w/TURKEY MEAT SAUCE BROCCOLI RABE & SUN DRIED TOMATOES DICED PEACHES	PECAN CRUSTED TILAPIA BROWN & WILD RICE PILAF ARUGULA & LENTIL SALAD MIXED BERRY CUP	TUNA NOODLE CASSEROLE STEAMED BRUSSELS SPROUTS GALA APPLE WHOLE WHEAT BREAD	CHICKEN & SAUSAGE JAMBALAYA COLLARD GREENS PINEAPPLE CHUNKS WHOLE WHEAT BREAD
CLOSED	17	18	19	20
	18	19	20	21
	ITALIAN SAUSAGE & TOMATOES WHOLE WHEAT PENNE PASTA SAUTÉED ZUCCHINI & SQUASH DICED PEACHES	COUNTRY BEEF STEAK SMASHED POTATO w/LEEKs STEAMED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	LASAGNA w/TURKEY MEAT SAUCE WINTER BLEND VEGETABLES CANNED PINEAPPLE WHOLE WHEAT BREAD	BAKED CHICKEN DRUMSTICKS BLACK EYED PEAS CREAMED SPINACH CINNAMON APPLESAUCE
24	25	26	27	28
EGGPLANT PARMESAN WHOLE WHEAT SPAGHETTI WHITE BEAN & KALE SALAD NAVEL ORANGE	PORK CARNITAS SPANISH BROWN RICE STEAMED CHAYOTE CANNED PEARS	SWEDISH MEATBALLS EGG NOODLES STEAMED BRUSSELS SPROUTS CANNED PEACHES WHOLE WHEAT BREAD	ORANGE GLAZED PORK LOIN BROWN RICE STEAMED BROCCOLI GALA APPLE	SHEPHERD'S PIE STEAMED GREEN BEANS MANDARIN ORANGE WHOLE WHEAT BREAD
31	<p>THE NUTRITION PROGRAM IS SUPPORTED BY THE CITY OF ESCONDIDO AND THE COUNTY OF SAN DIEGO AGING & INDEPENDENCE SERVICES.</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>* DENOTES ENTIRE MEAL BEING >1000 MG SODIUM</p> <p>ALL MEALS ARE SERVED WITH LOW FAT MILK</p>			
CHICKEN & RICE CASSEROLE ZUCCHINI & YELLOW SQUASH PINEAPPLE CHUNKS WHOLE WHEAT BREAD				

PLEASE MAKE YOUR RESERVATIONS BY NOON THE DAY BEFORE YOU WISH TO DINE.
(ON FRIDAY FOR MONDAY RESERVATIONS)

760 - 839 - 4803 LUNCH RESERVATION, LUNCH TRANSPORTATION & CANCELLATION LINE.
(24 HR. VOICE MAIL)