**Park Avenue Café Lunch Menu – July 2023**

Delicious lunch served Monday - Friday from 11:30 a.m. to 12:15 p.m.

**Seniors 60 & over** - $4 suggested voluntary contribution  
**Under 60** - $8 fee

No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>CLOSED</td>
<td>4</td>
<td>5</td>
<td>6</td>
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</tbody>
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| **Apple Fennel Roast Pork**  
Lime Brown Rice  
Green Beans  
Navel Orange |               | BRAISED BRISKET  
Thyme-Roasted Potatoes  
Cauliflower  
Banana  
Whole Wheat Bread | BAKED TILAPIA  
Farro  
Roasted Peppers  
Canned Pears  
Whole Wheat Bread | TERNIYAKI CHICKEN THIGHS  
Brown Rice Pilaf  
Sautéed Bok Choy  
Gala Apple |
| 10           | 11            | 12            | 13           | 14           |
| **BEEF STROGANOFF**  
Buttered Egg Noodles  
Steamed Broccolini  
Gala Apple  
Whole Wheat Bread | **TURKEY MEATLOAF**  
Mashed Potatoes  
Brussel Sprouts  
Canned Pears  
Whole Wheat Bread | **Pan-Seared Pollock w/Salsa**  
Brown Rice  
Sautéed Peas  
Banana  
Whole Wheat Bread | **Garlic Herb Roasted Pork Loin**  
Barley  
Steamed Spinach  
Navel Orange  
Whole Wheat Bread | **BROWN-ÅLE BRAISED CHICKEN THIGHS**  
Red Beans & Rice  
Roasted Carrots  
Canned Peaches  
Whole Wheat Bread |
| 17           | 18            | 19            | 20           | 21           |
| **LEMON PEPPER FISH**  
Farro  
Lentils  
Navel Orange  
Whole Wheat Bread | **BRAISED PORK STEW**  
Lime White Rice  
Corn & Peppers  
Banana  
Whole Wheat Bread | **Baked Ziti w/BEEF**  
Roasted Zucchini  
Canned Peaches  
Whole Wheat Bread | **CHICKEN CACCIAIOTE**  
Whole Wheat Penne Pasta  
Roasted Carrots  
Canned Pears | **SWEET n SOUR PORK**  
Brown Rice Pilaf  
Sautéed Bok Choy  
Gala Apple |
| 24           | 25            | 26            | 27           | 28           |
| ***Grilled Italian Sausage**  
Polenta  
Bell Peppers  
Gala Apple  
Whole Wheat Bread | **Grilled Mahi Mahi**  
Black-eyed Peas  
Buttered Parsnips  
Canned Pears  
Whole Wheat Bread | **BRAISED PORK w/APPLE**  
Sweet Potato  
Creamed Spinach  
Navel Orange  
Whole Wheat Bread | **MEATLOAF w/GRAVY**  
Mashed Potatoes  
Roasted Carrots  
Banana  
Whole Wheat Bread | **SPAGHETTI w/TURKEY MEAT SAUCE**  
Cauliflower  
Canned Pineapple  
Whole Wheat Bread |
| 31           |               |               |              |              |
| **BRAISED ASIAN PORK**  
Sweet Potato  
Green Beans  
Gala Apple  
Whole Wheat Bread | 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 |

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)