

# Senior Nutrition Program

Monday to Friday 11:30 a.m. - 12:15 p.m.

## About

Congregate meals are nutritionally balanced meals served at the Park Avenue Community Center and are designed to sustain and improve participants' health and reduce isolation by promoting socialization.

Seniors 60+ (voluntary contribution) \$4  
Under 60 (FEE) \$11

All Contributions are confidential! No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

The Escondido Senior Nutrition Program is supported by the **City of Escondido** and the **County of San Diego Aging and Independence Services**.



## Lunch Transportation

- Lunch Transportation is offered for nutrition participants only to the Center and back home. **If you would like to be added to the transportation waitlist, please call 760-802-0764.**
- Participants may be waitlisted due to capacity issues.
- *\$1 voluntary contribution for transportation would be greatly appreciated!*

## Additional Information

- Older adults ages 60 and over can sign up for these programs.
- Lunch reservation and cancellation line: **760-839-4803** (24 hr. voicemail). Leave your name and phone number.
- Participants must fill out enrollment paperwork. All forms need to be updated yearly.
- **RESERVATIONS** are required.
- Please make your reservation 48 hours before you wish to dine. Call Thursdays for Monday lunch reservations.





# Park Avenue Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>02 Spaghetti &amp; Turkey Meatballs w/ Marinara</b> Sauteed Vegetables Canned Peaches Whole Wheat Bread	<b>03 Pecan Crusted Tilapia</b> Brown Rice Sauteed Spinach Apple Sauce	<b>04 BBQ Pork Loin</b> Mashed Potatoes Green Beans Banana Whole Wheat Bread	<b>05 Beef Stroganoff on Buttered Egg Noodles</b> Roasted Carrots Orange Whole Wheat Bread	<b>06 Jerk Chicken Thigh</b> Lentils Steamed Broccoli Tropical Canned Fruit Whole Wheat Bread
<b>09 Beef Stew</b> Steamed Spinach Steamed Rice Apple Sauce Whole Wheat Bread	<b>10 Brown Sugar Glazed Ham</b> Mashed Potatoes Sauteed Carrots Orange Whole Wheat Bread 	<b>11 Chicken Fajita Mixture w/ Spanish Brown Rice</b> Black Beans Canned Peaches	<b>12 Shepards Pie</b> Charred Brussels Sprouts Canned Pears Whole Wheat Bread	<b>13 Herb Baked Pangasius</b> Brown Rice Pilaf Roasted Corn Orange Whole Wheat Bread
 <b>16 Turkey a la King on Whole Wheat Penne Pasta</b> Steamed Broccoli Apple Sauce	<b>17 Beef Meatloaf</b> Mashed Sweet Potatoes Green Beans Banana Whole Wheat Bread	<b>18 Shrimp &amp; Sausage Jambalaya w/ Brown Rice</b> Okra & Tomatoes Canned Peaches	<b>19 Miso Ginger Pork Loin</b> Brown Rice Roasted Carrots Orange	<b>20 Lime Cilantro Chicken</b> Black Beans Steamed Cauliflower Canned Pears Whole Wheat Bread
<b>23 Pasta Bake Chicken &amp; Broccoli Alfredo</b> Steamed Peas & Carrots Apple Sauce Whole Wheat Bread	<b>24 Cajun Blackened Catfish w/ Salsa</b> Brown Rice Pilaf Steamed Corn Kernels Orange	<b>25 Beef &amp; Bean Chili</b> Baked Potato Steamed Broccoli Canned Pears Whole Wheat Bread	<b>26 Garlic Herb Roasted Pork Loin w/ Cranberry Glaze</b> Roasted Sweet Potato Sauteed Spinach Banana Whole Wheat Bread	<b>27 Chicken &amp; Mushroom Coq au Vin on Buttered Egg Noodles</b> Roasted Brussels Sprouts Canned Pineapple Whole Wheat Bread
<b>30 Spaghetti &amp; Turkey Meatballs w/ Marinara</b> Sauteed Vegetables Canned Peaches Whole Wheat Bread	<b>31 Pecan Crusted Tilapia</b> Brown Rice Sauteed Spinach Apple Sauce			  <p>Visit the County of San Diego's Aging and Independence Services to learn more!</p>



Denotes entire meal being >1000mg sodium



All meals served with low fat milk

## NOTES :

Lunch Served Monday through Friday from 11:30 a.m. - 12:15 p.m.

**\*Menu subject to change without notice.**