

July 2010 - Little Oaks Café at the Encinitas Senior Center

Choose the main meal OR the salad. Dessert is served with all lunches.

Monday	Tuesday Soup & Salad Bar	Wednesday	Thursday Soup & Salad Bar	Friday
<p>RESERVATIONS OR CANCELLATIONS call before 8:00 AM, 760-943-2258 Suggested Donation: 60+ \$4.00 Fee: Under 60 \$6.00 Check in by 11:30 AM, Lunch served at 11:40 AM</p> <p>No eligible person shall be denied a meal because of failure or inability to contribute.</p> <p>The Encinitas Senior Nutrition Program is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independence Services. The Nutrition Program is also supported by: The city of Encinitas, The Encinitas Senior Foundation and general meal donations. Thank you for your support!</p> <p>*Note - menu is subject to change</p>			<p>1 MAIN: Chicken Oscar, Wild Rice Pilaf, Scandinavian Veggies., Mixed Greens Salad GRAND OPENING SOUP & SALAD BAR Or Hearty Veg. Soup, Chicken Salad on Greens w/Tomato with Other Salad Bar Items DESSERT: Strawberry Shortcake</p>	<p>2 4th of July Party MAIN: BBQ Ribs, Potato Salad, Broccoli & Carrot Medley, Roll Or SALAD: Vegetarian Greek DESSERT: Ambrosia</p> 
<p>5 MAIN: Chinese Beef & Noodles, Spinach Salad, Asian-Style Green Beans Or SALAD: Cobb DESSERT: Mandarin Oranges</p>	<p>6 MAIN: *Fried Chicken, Cole Slaw, Mashed Potatoes, Gravy, Biscuit Or Lentil Soup, Tuna Salad with Other Salad Bar Items DESSERT: Cherry Cobbler</p>	<p>7 MAIN: Meat Loaf w/Gravy, Twice Baked Potato, Brussels Sprouts, Roll Or SALAD: Cottage Cheese w/Strawberries DESSERT: Fruit Cocktail</p>	<p>8 MAIN: Roast Turkey w/Gravy, Candied Yams, Scandinavian Veggies., Cornbread Dressing Or Corn Chowder, Greek Pasta w/Chicken Salad with Other Salad Bar Items DESSERT: Diced Pears</p>	<p>9 MAIN: Citrus Marinated Chicken, Spanish Rice, Buttered Corn, Garden Salad Or SALAD: Chef's DESSERT: Watermelon Wedge</p> 
<p>12 MAIN: Chicken Cordon Bleu, Herbed Gravy, Rotini Noodles, Green Beans, Pickled Beets Or SALAD: Fruit Platter w/Cottage Cheese DESSERT: Fresh Orange</p> 	<p>13 Hot Fudge Party MAIN: Home Made Lasagna, Caesar Salad, Peas & Carrots, Garlic Bread Or Chicken Noodle Soup, 4 Bean Salad with Other Salad Bar Items DESSERT: Tropical Ambrosia</p> 	<p>14 MAIN: Country Chicken w/Gravy, Steamed Rice, Buttered Broccoli, Carrot & Pineapple Salad Or SALAD: Seafood DESSERT: Peach Compote</p>	<p>15 MAIN: Home Style Pot Roast w/Gravy, Mashed Potatoes, Spinach Salad, Roll Or Chile con Carne, Red Potato Salad with Other Salad Bar Items DESSERT: Cherry Cobbler</p>	<p>16 MAIN: *Teriyaki Pork Shank, Fried Rice, Steamed Broccoli, Veg. Egg Roll Or SALAD: Caribbean Chicken DESSERT: Pineapple Rings</p>
<p>19 MAIN: Salmon Fillet w/Hollandaise Sauce, Northwestern Rice, Buttered Broccoli, Carrot Salad Or SALAD: Chicken Salad Platter DESSERT: Fresh Apple</p>	<p>20 MAIN: BBQ Chicken, Au Gratin Potatoes, Capri Mix Veggies., Roll Or Cream of Tomato Soup & Chicken Caesar Salad with Other Salad Bar Items DESSERT: Emerald Pears</p> 	<p>21 Bingo for Prizes MAIN: Beef Burgundy, Egg Noodles, Tossed Salad, Buttered Corn Or SALAD: Grilled Chicken Caesar DESSERT: Mandarin Orange Parfait</p> 	<p>22 MAIN: Spaghetti & Meatballs, Italian Tossed Salad, Buttered Succotash, Breadstick Or Minestrone Soup, Chicken Salad with Other Salad Bar Items DESSERT: Strawberry Shortcake</p>	<p>23 MAIN: Meatloaf w/Gravy, Baked Potato, Green Beans Nicoise, Roll Or SALAD: Martha's Vineyard DESSERT: Fresh Melon</p>
<p>26 MAIN: *Baked Ham w/Pineapple Sauce, Mashed Yams, California Veggies., Roll Or SALAD: Pasta & Chicken DESSERT: Apple Strudel</p> 	<p>27 MAIN: Beef Steak w/Gravy, Mashed Red Potatoes, Calico Corn, Cranberry Juice Or Chicken Noodle Soup, Cubed Turkey with Other Salad Bar Items DESSERT: Bread Pudding</p>	<p>28 MAIN: Veal Cacciatore, Caesar Salad, Mixed Veggies., Garlic Bread Or SALAD: Taco DESSERT: Tropical Fruit</p>	<p>29 MAIN: Sweet & Sour Chicken, Steamed Rice, Oriental Veggies., Veg. Egg Roll Or White Bean & Ham Soup, Chicken Caesar Salad with Other Salad Bar Items DESSERT: Fresh Melon</p>	<p>30 MAIN: Roast Beef w/Gravy, Baked Potatoes, Peas & Carrots, Roll Or SALAD: Cobb DESSERT: Mandarin Oranges in Jello</p>