

# August 2010 - Little Oaks Café at the Encinitas Senior Center

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

Monday	Tuesday <b>Soup &amp; Salad Bar</b>	Wednesday	Thursday <b>Soup &amp; Salad Bar</b>	Friday
<p><b>2</b> <b>MAIN:</b> BBQ Chicken, Au Gratin Potatoes, Capri Mix Veggies., Roll</p> <p><b>Or</b> <b>SALAD:</b> Tuna <b>DESSERT:</b> Pear Halves</p> 	<p><b>3 "Aloha Day"</b> <b>MAIN:</b> Polynesian Beef, Steamed Rice, Capri Veggies., Mixed Greens Salad</p> <p><b>Or</b> Lentil Soup, Tuna Salad with Other Salad Bar Items <b>DESSERT:</b> Pineapple Tidbits</p>	<p><b>4</b> <b>MAIN:</b> Apple Marinated Pork Roast w/Gravy, Red Potatoes, Scandinavian Veggies., Roll</p> <p><b>Or</b> <b>SALAD:</b> Taco <b>DESSERT:</b> Baked Apple Tart</p>	<p><b>5</b> <b>MAIN:</b> "Catch of the Day," Cole Slaw, Potato Wedges, Tartar Sauce, Roll</p> <p><b>Or</b> Seven Bean Soup, Coleslaw with Other Salad Bar Items <b>DESSERT:</b> Strawberry Shortcake</p> 	<p><b>6</b> <b>MAIN:</b> Baked Chicken Fillet w/Gravy, Mashed Potatoes, Mixed Veggies., Tropical Fruit Cup</p> <p><b>Or</b> <b>SALAD:</b> Cottage Cheese &amp; Fruit <b>DESSERT:</b> Oatmeal Cookie</p>
<p><b>9</b> <b>MAIN:</b> Braised Beef Tips, Egg Noodles, Spinach Salad, Tuscan Veggies.</p> <p><b>Or</b> <b>SALAD:</b> Caribbean Chicken <b>DESSERT:</b> Mandarin Oranges</p>	<p><b>10 Hot Fudge Party</b> <b>MAIN:</b> Roast Turkey w/Gravy, Candied Yams, Buttered Corn, Cornbread Dressing</p> <p><b>Or</b> Cream of Tomato Soup, Turkey Curry Salad with Other Salad Bar Items <b>DESSERT:</b> Cranberry Dessert</p>	<p><b>11</b> <b>MAIN:</b> Meatloaf w/Gravy, Twice Baked Potato, Brussels Sprouts, Roll</p> <p><b>Or</b> <b>SALAD:</b> Seafood <b>DESSERT:</b> Fruit Cocktail</p>	<p><b>12</b> <b>MAIN:</b> Veal Parmesan Sandwich, Caesar Salad, Peas &amp; Carrots</p> <p><b>Or</b> Corn Chowder, Greek Pasta w/Chicken Salad with Other Salad Bar Items <b>DESSERT:</b> Mandarin Oranges</p>	<p><b>13</b> <b>MAIN:</b> *Honey Baked Ham w/Pineapple Sauce, Scalloped Potatoes, Buttered Asparagus, Roll</p> <p><b>Or</b> <b>SALAD:</b> Chef's <b>DESSERT:</b> Fresh Melon</p> 
<p><b>16</b> <b>MAIN:</b> Meat Loaf w/Gravy, Baked Potato, Green Beans Nicoise, Roll</p> <p><b>Or</b> <b>SALAD:</b> Fruit Platter w/Cottage Cheese <b>DESSERT:</b> Fresh Banana</p>	<p><b>17</b> <b>MAIN:</b> BBQ'd Pork Chop, Macaroni &amp; Cheese, Buttered Broccoli, Carrot Salad</p> <p><b>Or</b> Chili con Carne, 4 Bean Salad with Other Salad Bar Items <b>DESSERT:</b> Ambrosia</p>	<p><b>18 Bingo for Prizes</b> <b>MAIN:</b> Roast Beef &amp; Gravy, Mashed Potatoes, Sweet Red Cabbage, Roll</p> <p><b>Or</b> <b>SALAD:</b> Chicken <b>DESSERT:</b> Peaches in Jello</p> 	<p><b>19</b> <b>MAIN:</b> Sweet &amp; Sour Chicken, Steamed Rice, Buttered Peas, Veg. Egg Roll</p> <p><b>Or</b> Hearty Veg. Soup, Macaroni Salad with Other Salad Bar Items <b>DESSERT:</b> Mandarin Oranges</p>	<p><b>20</b> <b>MAIN:</b> *Hot Corned Beef Sandwich on Rye, Potato Salad, Mixed Veggies.</p> <p><b>Or</b> <b>SALAD:</b> Taco <b>DESSERT:</b> Strawberries &amp; Cream</p> 
<p><b>23</b> <b>MAIN:</b> *Fried Chicken, Candied Yams, Club Spinach, Roll</p> <p><b>Or</b> <b>SALAD:</b> Chef's <b>DESSERT:</b> Tropical Fruit</p>	<p><b>24</b> <b>MAIN:</b> Spaghetti &amp; Meatballs, Italian Tossed Salad, Buttered Succotash, Breadstick</p> <p><b>Or</b> Chicken Noodle Soup, Cubed Turkey with Other Salad Bar Items <b>DESSERT:</b> Fresh Orange</p>	<p><b>25</b> <b>MAIN:</b> Chicken Cordon Bleu w/Gravy, Egg Noodles, Glazed Carrots, Caesar Salad</p> <p><b>Or</b> <b>SALAD:</b> Seafood <b>DESSERT:</b> Fresh Melon</p>	<p><b>26</b> <b>MAIN:</b> Texas Chopped Steak w/Gravy, Mashed Potatoes, Green Beans, Cranberry Juice</p> <p><b>Or</b> Minestrone Soup, Chicken Salad with Other Salad Bar Items <b>DESSERT:</b> Bread Pudding</p>	<p><b>27</b> <b>MAIN:</b> Rosemary Pork Roast w/Gravy, New Potatoes, Steamed Cabbage, Roll</p> <p><b>Or</b> <b>SALAD:</b> Vegetarian Greek <b>DESSERT:</b> Fresh Apple</p>
<p><b>30</b> <b>MAIN:</b> Country Chicken w/Gravy, Steamed Rice, Buttered Broccoli, Carrot &amp; Pineapple Salad</p> <p><b>Or</b> <b>SALAD:</b> Cottage Cheese w/Fresh Pineapple <b>DESSERT:</b> Diced Pears</p>	<p><b>31</b> <b>MAIN:</b> BBQ'd Sliced Beef, Baked Beans, Corn on the Cob, Mixed Greens Salad</p> <p><b>Or</b> Cream of Tomato Soup, Chicken Caesar Salad with Other Salad Bar Items <b>DESSERT:</b> Pineapple Cobbler</p>	<p><b>RESERVATIONS OR CANCELLATIONS</b> call before 8:00 AM, 760-943-2258 <b>Suggested Donation: 60+ \$4.00 Fee: Under 60 \$6.00</b> <b>Check in by 11:30 AM, Lunch served at 11:40 AM</b></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 &amp; 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><b>*Note - menu is subject to change</b></p>		