



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.
- If you would like to be added to the list for congregate meals **call 760-839-4803** and 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
02 Spaghetti & Turkey Meatballs w/ Marinara Sauteed Vegetables Canned Peaches Whole Wheat Bread	03 Pecan Crusted Tilapia Brown Rice Sauteed Spinach Apple Sauce	04 BBQ Pork Loin Mashed Potatoes Green Beans Banana Whole Wheat Bread	05 Beef Stroganoff on Buttered Egg Noodles Roasted Carrots Orange Whole Wheat Bread	06 Jerk Chicken Thigh Lentils Steamed Broccoli Tropical Canned Fruit Whole Wheat Bread
09 Beef Stew Steamed Rice Apple Sauce Whole Wheat Bread	10 Brown Sugar Glazed Ham Mashed Potatoes Sauteed Carrots Orange Whole Wheat Bread 	11 Chicken Fajita Mixture w/ Spanish Brown Rice Black Beans Canned Peaches	12 Shepards Pie Charred Brussels Sprouts Canned Pears Whole Wheat Bread	13 Herb Baked Pangasius Brown Rice Pilaf Roasted Corn Orange Whole Wheat Bread
16 CLOSED 	17 Beef Meatloaf Mashed Sweet Potatoes Green Beans Banana Whole Wheat Bread	18 Shrimp & Sausage Jambalaya w/ Brown Rice Okra & Tomatoes Canned Peaches	19 Miso Ginger Pork Loin Brown Rice Fresh Roasted Carrots Orange	20 Lime Cilantro Chicken Black Beans Steamed Cauliflower Canned Pears Whole Wheat Bread
23 Pasta Bake Chicken & Broccoli Alfredo Steamed Peas & Carrots Apple Sauce Whole Wheat Bread	24 Cajun Blackened Catfish w/ Salsa Brown Rice Pilaf Steamed Corn Kernels Orange	25 Beef & Bean Chili Baked Potato Steamed Broccoli Canned Pears Whole Wheat Bread	26 Garlic Herb Roasted Pork Loin w/ Cranberry Glaze Roasted Sweet Potato Sauteed Spinach Banana Whole Wheat Bread	27 Chicken & Mushroom Coq au Vin on Buttered Egg Noodles Roasted Brussels Sprouts Canned Pineapple Whole Wheat Bread
				

NOTES :



Denotes entire meal being >1000mg sodium



All meals served with low fat milk

Please make your reservations 48 hours before you wish to dine (on Thursday for Monday reservations). Lunch reservation and cancellation line: **760-839-4803** (24 hr. voicemail).
 Lunch Served Monday through Friday from 11:30 a.m. - 12:15 p.m.
 *Menu subject to change without notice.