



featuring...

KITCHENS for GOOD

The City of Encinitas partners with Kitchens for Good, a non-profit healthy meal production organization breaking the cycles of food waste, poverty, and hunger using innovations & social enterprise. Daily lunches are fresh and delicious for that perfect farm to table dining experience. These irresistible meals are prepared daily from scratch, using local organic produce whenever possible. We welcome people of all ages to make a reservation for a healthy meal and great comradery while at the Encinitas Parks & Recreation Café.

For reservations, please call (760) 943-2258 no later than 8am the day you wish to have lunch with us!

"We look forward to serving you!"

KITCHENS for GOOD CORE VALUES

Nourish the Community • Sustainability
Collaboration • Equality • Innovation

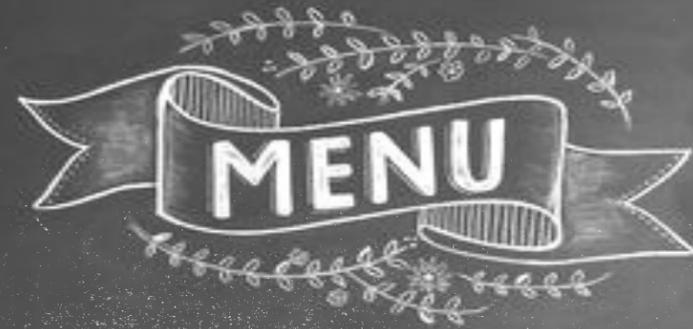
Join us at the Encinitas Community Center

1140 Oakcrest Park Drive

Encinitas, CA 92024



December 2016



Delicious farm-to-table food served M-F
at the Encinitas Community & Senior
Center's Parks and Recreation Café.

We look forward to seeing you soon.

Enjoy!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>The Encinitas Parks and Recreation Café is supported by the Older Americans Act Grant Funds, awarded through the County Aging & Independent Services and supported by the City of Encinitas and general meal donations. No eligible person shall be denied a meal because of failure or inability to contribute.</p> <p>WELCOME!</p>	<p>FOR 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 Choose the main meal OR the soup/salad/sandwich ~ Dessert is served with all lunch *Sodium Meals: 300-500mg **More than 500mg</p>		<p>1 *Main: Tuna Casserole, Egg Noodles, Steamed Peas & Carrots, Salad *Or Soup/ Sandwich: Mushroom Soup, Ham & Cheese on Whole Wheat Dessert: Apple</p>	<p>2 *Main: Baked Chicken, Roasted Potatoes & Zucchini, Salad *Or Soup/ Salad: Vegetable Soup, Egg Salad on Romaine Dessert: Navel Orange</p>
<p>5 **Main: Baked Cheese Lasagna, Roasted Zucchini, Salad *Or Soup/ Salad: Lentil Soup, Egg Salad on Romaine Dessert: Banana</p>	<p>6 *Main: Stuffed Cabbage, Brown Rice, Salad **Or Soup/ Salad: Cream of Mushroom Soup, Chicken Salad on Romaine Dessert: Apple Sauce w/ Cinnamon</p>	<p>7 **Main: Turkey Meatloaf, Brown Rice, Steamed Corn, Salad **Or Soup/ Sandwich: Cream of Broccoli Soup, Turkey Sandwich on Whole Wheat Dessert: Apple</p>	<p>8 **Main: Baked Ziti w/ Meat Sauce, Roasted Zucchini, Salad *Or Soup/ Sandwich: Chicken Noodle Soup, Roasted Vegetables on Whole Wheat Dessert: Navel Orange</p>	<p>9 *Main: Roasted Salmon, Brown Rice, Steamed Peas, Salad **Or Soup/ Salad: Cheesy Potato Soup, Tuna Salad on Romaine Dessert: Diced Fruit</p>
<p>12 **Main: Turkey Chili, Spaghetti, Roasted Squash, Salad *Or Soup/ Sandwich: Split Pea Soup, Ham & Cheese Sandwich on Whole Wheat Dessert: Apple</p>	<p>13 HOT FUDGE SUNDAE PARTY *Main: Beef, Bell Peppers, Onions, Brown Rice, Salad **Or Soup/ Salad: Creamy Potato Soup, Egg Salad on Romaine Dessert: Banana</p>	<p>14 *Main: Sweet & Sour Chicken, White Rice, Roasted Broccoli, Salad *Or Soup/ Salad: Pesto Bean Soup, Tuna Salad on Romaine Dessert: Diced Fruit</p>	<p>15 **Main: Spaghetti w/ Meat Sauce, Steamed Corn, Salad *Or Soup/ Salad: Lentil Soup, Egg Salad on Romaine Dessert: Navel Orange</p>	<p>16 **Main: BBQ Chicken, Brown Rice, Carrots & Zucchini, Salad **Or Soup/ Sandwich: Minestrone Soup, Turkey Sandwich on Whole Wheat Dessert: Apple Sauce w/ Cinnamon</p>
<p>19 *Main: Baked Tilapia, Brown Rice, Seasonal Vegetables, Salad *Or Soup/ Salad: Beef & Vegetable Soup, Strawberry Salad w/ Cottage Cheese Dessert: Banana</p>	<p>20 *Main: Pesto Baked Chicken, Pasta, Steamed Green Beans, Salad *Or Soup/ Sandwich: Mushroom Soup, Turkey Sandwich on Whole Wheat Dessert: Navel Orange</p>	<p>21 BINGO *Main: Roasted Turkey, Mashed Potatoes, Roasted Zucchini, Salad *Or Soup/ Salad: Chicken & Rice Soup, Egg Salad on Mixed Greens Dessert: Apple Sauce w/ Cinnamon</p>	<p>22 *Main: Beef Stroganoff, Egg Noodles, Roasted Broccoli, Salad **Or Soup/ Salad: Corn Chowder, Tuna Salad on Mixed Greens Dessert: Diced Fruit</p>	<p>23 HOLIDAY LUNCHEON *Main: Ham Steak, Scalloped Potatoes, Steamed Green Beans, Salad *Or Soup/ Sandwich: Pesto Bean Soup, Roasted Vegetable Wrap on a Whole Wheat Tortilla Dessert: Apple Crisp</p>
<p>26 **Main: Sweet & Sour Pork, Brown Rice, Roasted Zucchini, Salad **Or Soup/ Sandwich: Tomato Soup, Roast Beef Sandwich on Whole Wheat Dessert: Apple</p>	<p>27 *Main: Spinach Quiche, Steamed Corn, Salad *Or Soup/ Sandwich: Beef & Vegetable Soup, Grilled Vegetable Wrap on a Whole Wheat Tortilla Dessert: Navel Orange</p>	<p>28 *Main: Beef Tips, Brown Rice, Steamed Broccoli, Salad *Or Soup/ Salad: Carrot Soup, Chicken Salad on Romaine Dessert: Apple Sauce w/ Cinnamon</p>	<p>29 **Main: Oven Fried Chicken, Mac & Cheese, Carrots, Salad *Or Soup/ Salad: Mushroom Soup, Egg Salad on Romaine Dessert: Banana</p>	<p>30 **Main: Bean & Cheese Enchilada Casserole, Green Beans, Salad *Or Soup/ Salad: Turkey Noodle Soup, Pasta Salad Dessert: Diced Fruit</p>