

Park Terrace Café

September Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>3</p> <p>Stuffed Peppers (Ground Beef) Marinara Sauce Whole Grain Pasta Lentils Pineapple Bingo!</p>	<p>4</p> <p>Asian Chicken Salad Mixed Greens & Cabbage Carrots, Tomatoes, Cucumbers, Scallions, Cilantro Sesame Ginger Noodles Mandarin OR Soup & Salad*</p>	<p>5</p> <p>Shepherd's Pie Mashed Potato Topping Peas & Carrots Whole Wheat Bread Apple</p>	<p>6</p> <p>Vegetarian Zucchini & Eggplant Parmesan Red Pepper & Tomato Sauce, Mozzarella Whole Grain Pasta Tuscan White Beans Whole Grain Bread Orange</p>
<p>9</p> <p>Paella (Chicken, Sausage & Shrimp) Mixed Rice California Vegetables Apple</p>	<p>10</p> <p>Beef Burgundy Whole Grain Pasta Mixed Vegetables Orange Bingo!</p>	<p>11</p> <p>Swedish Meatballs  (Beef & Pork) Creamy Dill Sauce Parsley Potatoes, Spinach, Cucumber Salad, Whole Wheat Bread, Pineapple OR Soup & Salad*</p>	<p>12</p> <p>Orange Glazed Pork Loin Sweet Potatoes Curried Lentils Whole Wheat Bread Orange</p>	<p>13</p> <p>Hawaiian Chicken Mixed Rice Stir Fry Vegetables Sautéed Cabbage Banana</p>
<p>16</p> <p>Chicken Florentine Spinach Bechamel Sauce Italian Lentils Whole Grain Pasta Pineapple</p>	<p>17</p> <p>Hamburger Sautéed Mushrooms & Onions White Wheat Burger Roll Sweet Potatoes, Corn Apple Bingo!</p>	<p>18</p> <p>Greek Chicken Marinated in Garlic & Yogurt Tabbouleh Salad Mixed Rice Mandarin OR Soup & Salad*</p>	<p>19</p> <p>Sweet & Sour Pork Peppers, Onions, Pineapple Whole Grain Mixed Rice Broccoli, Carrots & Cauliflower Apple</p>	<p>20</p> <p>Fish Cake Whole Grain Macaroni & Cheese Zucchini w/ Tomatoes, Garlic & Basil Bread Orange</p>
<p>23</p> <p>Beef Stew Parsley Potatoes Carrots Cabbage Salad WW Bread Apple</p>	<p>24</p> <p>Basque Chicken Peppers, Tomatoes, Onions, Olives & Parsley Basque Potatoes w/ Garlic & Herbs Green Beans Whole Wheat Bread Pineapple Bingo!</p>	<p>25</p> <p>Spaghetti Bolognese Whole Grain Pasta Hearty Meat Sauce Broccoli Normandy Chickpea Tomato Stew Applesauce OR Soup & Salad* Birthday & Anniversary Celebration</p>	<p>26</p> <p>Meatloaf (Beef & Pork) Mashed Potatoes Gravy Peas & Carrots Whole Wheat Bread Banana</p>	<p>27</p> <p>Open-Faced Cuban Sandwich w/ Roast Pork Dijonnaise Whole Wheat Roll Coleslaw Apple Guess Who's Coming to Lunch Reveal</p>
<p>30</p> <p>Bratwurst Sauerkraut German Potato Salad Cucumber Salad Whole Grain Bread Apple Culinary Adventures Around the World – Experience Germany</p>	<p>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.</p> <p>No eligible person shall be denied a meal for choosing not to contribute.</p>	<p>Denotes meal  ≥ 1000 mg Sodium</p> <p>1% Milk served daily</p>		<p>Menu subject to change</p>

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

Lunch served Monday-Friday at 12:00pm

Reservations required 1 business day in advance by 1pm, and at least one week in advance for special events.

Call 760-643-5288 to make or cancel lunch reservation.

***For Wednesdays, indicate Main Meal or Soup & Salad when you RSVP.**