


**Park Terrace Café**

**November Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menu subject to change</b>	\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.  No eligible person shall be denied a meal for choosing not to contribute.	Denotes meal  ≥ 1000 mg Sodium  1% Milk served daily		<b>1</b> <b>Curried Meatballs</b> (Beef & Pork) w/ Curry Coconut Sauce Parsley Potatoes Spinach Whole Wheat Bread Banana
<b>4</b> <b>Chicken à la King</b> Mixed Rice Mixed Vegetables Orange	<b>5</b> <b>Hamburger</b> Sauteed Onions White Wheat Burger Roll Potato Salad Coleslaw Apple <b>Bingo!</b>	<b>6</b> <b>Pork Chile Verde</b> Black Beans Mexican Rice Zucchini & Corn Orange <b>OR Soup &amp; Salad*</b>	<b>7</b> <b>Meat Lasagna</b> Spring Mix Salad Italian Blend Whole Wheat Bread Mandarin	<b>8</b> <b>Chicken Florentine</b> Penne Pasta Manhattan Blend Orange
<b>11</b> <b>CLOSED</b>  <b>VETERANS DAY HOLIDAY</b>	<b>12</b> <b>Swedish Meatballs</b> Creamy Dill Sauce Parsley Potatoes Peas & Carrots Whole Wheat Bread Mandarin <b>Bingo!</b>	<b>13</b> <b>BBQ Pulled Pork</b> Herb Roasted Potatoes Broccoli Normandy Whole Wheat Roll Banana <b>OR Soup &amp; Salad*</b>	<b>14</b> <b>Vegetarian Pot Pie</b> w/ Potatoes, Carrots, Onions, Peas Garbanzo Stew Pineapple	<b>15</b> <b>Chili Con Carne</b> Mixed Rice Fiesta Corn Orange
<b>18</b> <b>Tilapia Pineapple</b> Coconut Mixed Rice Stir Fried Blend Whole Wheat Bread Pineapple	<b>19</b> <b>Chicken Creole</b> Whole Grain Pasta Italian Vegetables Orange <b>Bingo!</b>	<b>20</b> <b>Open-Faced Cubano Sandwich</b> Whole Wheat Roll Sweet Potatoes Cabbage Salad Banana <b>OR Soup &amp; Salad*</b>	<b>21</b> <b>Salisbury Steak</b> Beef & Pork Mashed Potatoes Gravy Peas & Carrots Orange	<b>22</b> <b>Asian Chicken Salad</b> Spring Mix Black Beans Corn, Red Peppers Cucumbers, Tomatoes Asian Dressing Whole Wheat Bread Pineapple <b><i>Guess Who's Coming to Lunch Reveal</i></b>
<b>25</b> <b>Greek Chicken</b> Garlic Yogurt Sauce Mixed Rice Pilaf Zucchini & Red Peppers Orange	<b>26</b> <b>Meatloaf</b> (Beef & Pork) Mashed Potatoes Gravy Mixed Vegetables Whole Wheat Bread Pineapple <b>Bingo!</b>	<b>27</b> <b>Roast Turkey</b> w/ Gravy Bread Stuffing Green Beans Sweet Potatoes Cranberry Sauce Apple  <b>Birthday &amp; Anniversary Celebration</b>	<b>28</b> <b>CLOSED</b>  <b>THANKSGIVING HOLIDAY</b>	<b>29</b> <b>CLOSED</b>  <b>THANKSGIVING HOLIDAY</b>

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.**