

Carlsbad Paradise Café by the Sea

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Senior Center</p>  <p>Closed</p>	<p>3</p> <p>Lentil Soup Pastrami & Swiss* Rye Bread, Cole Slaw, Crackers, Tropical Fruit Salad, Oatmeal Cookie Armchair Theater: Under the Tuscan Sun 1 to 3 p.m. TV Lounge</p>	<p>4</p> <p>Pork Zingara with Peppers, Mushrooms, Onions & Cream, Parsley Potatoes, California Vegetables, Pears ALTERNATE SALAD Tuna Salad Plate</p>	<p>5</p> <p>Shepard's Pie with Mashed Potato Topping, Peas & Carrots Spinach Salad Mandarin Oranges Ice Cream "Senior Prom" 1 to 3 p.m. Auditorium</p>	<p>6</p> <p>Chicken Enchiladas* Cumin Rice Black Beans Fiesta Salad with Marinated Carrots Fresh Fruit</p>
<p>9</p> <p>Teriyaki Chicken* Brown Rice Stir Fried Vegetables Asian Cabbage Salad Pineapple</p>	<p>10</p> <p>Beef Bourguignon Carrots Parsley Potatoes Spring Mix Salad Biscuit Peach Cobbler</p>	<p>11</p> <p>Fish Florentine Spinach, Béchamel Sauce Yellow Rice Tomato Gratin Caesar Salad Sherbet ALTERNATE SALAD Cobb Salad with Chicken</p>	<p>12</p> <p>Meatloaf Mashed Potatoes Gravy, Corn, Stewed Tomatoes, Sourdough Bread, Pudding Monthly Movie: Tom Hanks in "Sully" 1 to 3 p.m. Auditorium</p>	<p>13</p> <p>Chicken Marsala Bowtie Pasta Green Beans Mixed Greens with Marinated Beets Cinnamon Apples</p>
<p>16</p> <p>Senior Center</p>  <p>Closed</p>	<p>17</p> <p>Spaghetti with Meatballs* Marinara Sauce Italian Vegetables Caesar Salad, Garlic Bread, Fruit Armchair Theater: The Wedding Planner 1 to 3 p.m. TV Lounge</p>	<p>18</p> <p>Roast Pork Apple Sage Sauce Mashed Potatoes California Vegetables Dinner Roll Apple Strudel ALTERNATE SALAD Oriental Chicken Salad</p>	<p>19</p> <p>Chicken Pesto Chicken Breast with Pesto Cream Sauce Linguine, Spinach Caesar Salad Garlic Bread Fresh Fruit</p>	<p>20</p> <p>Chicken Vegetable Soup Open-faced Italian Hoagie** Carrot Raisin Salad Crackers Ice Cream with Fruit</p>
<p>23</p> <p>Hot Open Turkey Sandwich* On Sourdough Mashed Potatoes Gravy, Cranberry Sauce Peas & Carrots Pineapple Slaw Pudding</p>	<p>24</p> <p>Lemon Chicken Herbed Couscous Ratatouille Greek Salad Pita Bread Brownie Armchair Theater: One Small Hitch 1 to 3 p.m. TV Lounge</p>	<p>25</p> <p>Pork Carnitas Shredded Cabbage, onion, Cilantro, Mexican Rice Refried Beans* Corn Tortillas, Salsa Sour Cream Tropical Fruit Salad ALTERNATE SALAD Tarragon Chicken Salad</p>	<p>26</p> <p>Salisbury Steak Mushroom Gravy Mashed Potatoes California Vegetables Tomato Cucumber Salad Dinner Roll, Ice Cream</p> 	<p>27</p> <p>Philly Cheese Steak* Roasted Sweet Potatoes Tossed Salad Fresh Fruit Cookie</p>
<p>30</p> <p>Chili Con Carne* Baked Potato Sour Cream, Scallions, Shredded Cheese Chopped Salad With Broccoli Flour Tortilla Apple Sauce</p>	<p>31</p> <p>Margarita Chicken Spanish Rice Mixed Vegetables Tossed Salad w/ Shredded Carrots Fresh Fruit Armchair Theater: "After the Ball" 1 to 3 p.m. TV Lounge</p>		 <p>"Senior Prom" Thursday, January 5th 1 to 3 p.m. Auditorium</p>	<p>Menu subject to change Reservations: 760-602-4655 ** = 500+MG * = 300-500 MG Sodium</p>



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For information call: 760-602-4650

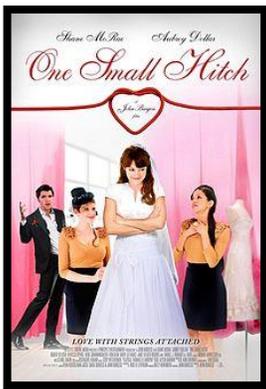
The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you **need not be a city of Carlsbad resident to dine**. A \$5 lunch fee applies to **non-senior guests** of seniors.

Advance reservations can be made in person, by calling [760-602-4655](tel:760-602-4655). Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling [760-602-4655](tel:760-602-4655).



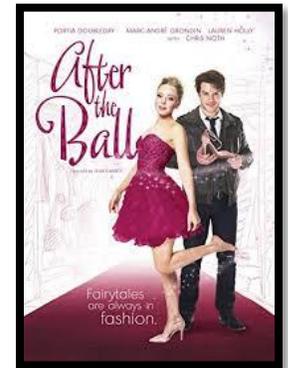
Dining room seating is available at 11 a.m. and lunch is served promptly at 12 noon. You may **forfeit** your lunch reservation if you do not check-in prior to 11:45 a.m. We also deliver home meals Monday through Friday to homebound seniors living in Carlsbad, for a requested donation of \$4. In addition, frozen meals are available for the weekend and will be delivered on Fridays. For more information, call [760-602-4652](tel:760-602-4652).

Transportation for lunch to and from the Carlsbad Senior Center is available Monday through Friday to Carlsbad seniors, ages 60 and up, and who are unable to drive. Transportation for medical appointments is provided Tuesdays, Thursdays and Fridays. Appointments must be made in advance. For all transportation reservations, call [760-602-4650](tel:760-602-4650).



Wednesdays, transportation is available for shopping. Call [760-602-4650](tel:760-602-4650) for schedule and reservations. Special transportation options are available every Tuesday for lunch & Bingo, as well as the 2nd Thursday of each month for lunch and our **free** monthly movie.

No eligible person will be denied a meal or transportation because of failure or inability to contribute. This program is supported by the City of Carlsbad and the Older Americans Act funds through San Diego County Aging & Independence Services.



JANUARY SENIOR SPECIALS

1/3	1 to 3 p.m.	Armchair Theatre: “Under The Tuscan Sun”
1/5	1:30 to 3:30 p.m.	Monthly Dance: The Pier Group, sponsored by Carlsbad by the Sea
1/9	9 to 10:30 1 to 2:30 p.m.	Primordial Sound Meditation (Intro 9 – 9:30 a.m.) Book Club: “The Book That Matters Most,” by Ann Hood
1/12	1 to 3 p.m.	Monthly Movie: “Sully”
1/17	1 to 3 p.m.	Armchair Theatre: “The Wedding Planner”
1/18	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Mike’s class: Smartphone Photo Tips Mike’s class: iPad - Introduction
1/19	10 to 11:45 a.m. 12:30 to 4:30 p.m.	Seminar: Why are my ears ringing? with Dr. David Illich, Tri-City Medical Center AARP Smart Driver Program
1/23	1:30 to 3 p.m.	Morningstar Financial Education Lecture: How to Go Shopping For A Mutual Fund
1/24	1 to 3 p.m.	Armchair Theatre: “One Small Hitch”
1/25	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Mike’s class: Photoshop Elements – Organize Your Photos Mike’s class: Google Photos – The Desktop Version – NEW!
1/26	12:45 to 3 p.m. 12:30 to 4:30 p.m.	UCSD Research Study Informational Talk – Become a Volunteer! AARP Smart Driver Program
1/30	1:30 to 3 p.m.	Morningstar Financial Education Lecture: A Risk-Return Case Study
1/31	1 to 3 p.m.	Armchair Theatre: “After the Ball”