

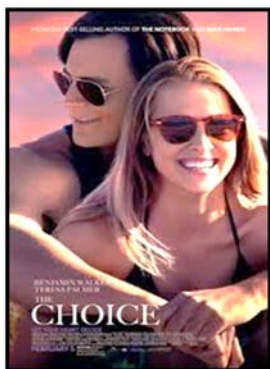
# Carlsbad Paradise Café by the Sea

## September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu subject to change</b>  <b>Reservations: 760-602-4655</b>            * = 300-500 MG            ** = 500+ MG Sodium</p>	 <p>Bingo Tuesdays, 1 p.m. in Auditorium</p>	 <p>Ice Cream Social &amp; Lunch with Cowboy Jack Friday, Sept. 8, 11:30 – 1</p>	<p>Monthly Movie</p>  <p>Thursday, Sept. 14, 3 p.m. in Auditorium</p>	<p><b>1</b>  <b>Salisbury Steak</b>            Mashed Potatoes            Gravy*            Peas &amp; Carrots            Wheat Bread            Cantaloupe</p>
<p><b>4</b>  <b>Labor Day Holiday</b>    <b>Dining room closed</b></p>	<p><b>5</b>  <b>Beef Bourguignon</b>            Parsley Potatoes            Honey Glazed Carrots            Mixed Green Salad            Biscuit, Fresh Fruit  <b>Armchair Theater:</b>            "The Choice"            1 &amp; 3 p.m. in TV Lounge</p>	<p><b>6</b>  <b>Ham with Apricot Sauce**</b>            Scalloped Sweet Potatoes            Green Beans, Wheat Bread, Peach Cobbler  <b>Alternate Salad</b>            Cobb Salad with Chicken, Carrots</p>	<p><b>7</b>  <b>Pecan Chicken</b>            Cornbread Stuffing*            Chicken Gravy*            Collard Greens            Mixed Salad Greens with Cranberries            Fresh Fruit</p>	<p><b>8</b>  <b>Cheeseburgers and Hot Dogs</b>            Chili Beans, Potato Salad, Lettuce, Tomato, Onion, Pickles            Ice Cream Sundae  <b>Ice Cream Social in the Park with Cowboy Jack</b></p>
<p><b>11</b>  <b>Chicken Teriyaki*</b>            Rice            Stir Fried Vegetables            Asian Cabbage Salad            Pineapple            Fortune Cookie</p>	<p><b>12</b>  <b>Steak &amp; Mushroom Pot Pie*</b>            Parsley Potatoes            3 Bean Salad on Lettuce Garnish            Pears with Chocolate Sauce</p>	<p><b>13</b>  <b>Salmon with Dill Sauce</b>            Rice Pilaf            California Vegetables            Caesar Salad            Ice Cream with Fruit  <b>Alternate Salad</b>            Oriental Chicken Salad, Carrots</p>	<p><b>14</b>  <b>Chicken &amp; Spinach Lasagna</b>            Béchamel Sauce, Greek Salad, Garlic Bread            Fruit Salad, Cookie  <b>Monthly Movie:</b>            "Beauty &amp; the Beast"            1 &amp; 3 p.m.  <b>in the Auditorium</b></p>	<p><b>15</b>  <b>BBQ Beef on a Bun</b>            Rosemary Potatoes            Baked Beans*            Tossed Salad with Tomato &amp; Cucumber            Melon</p>
<p><b>18</b>  <b>Spaghetti &amp; Meatballs*</b>            Marinara Sauce            Italian Vegetables            Spinach Salad with Mandarins            Garlic Bread            Pudding</p>	<p><b>19</b>  <b>Coq au Vin</b>            Brown Rice            Green Beans            Mixed Baby Greens            Tropical Fruit Salad  <b>Armchair Theater:</b>            "Finding Normal"            1 &amp; 3 p.m. in TV Lounge</p>	<p><b>20</b>  <b>Roast Pork</b>            Mashed Potatoes            Gravy*, Sauerkraut*            Carrot Raisin Salad            Dinner Roll            Cinnamon Apples  <b>Alternate Salad</b>            Tuna Salad Plate, Carrots</p>	<p><b>21</b>  <b>Beer Braised Brisket</b>            Parsley Potatoes            Roasted Carrots            Mixed Green Salad            Rye Bread            Apple Strudel</p>	<p><b>22</b>  <b>Turkish Spiced Meatballs</b>            Tzatziki            Pita Bread            Basmati Rice            Greek Salad            Cantaloupe</p>
<p><b>25</b>  <b>Chicken Cacciatore</b>            Penne Pasta            Grilled Zucchini            Caesar Salad            Parmesan            Garlic Bread            Fresh Fruit</p>	<p><b>26</b>  <b>Meatloaf</b>            Mashed Potatoes &amp; Gravy*            Peas &amp; Carrots            Stewed Tomatoes            Dinner Roll, Pudding  <b>Armchair Theater:</b>            "Love Finds You in Valentine"            1 &amp; 3 p.m. in TV Lounge</p>	<p><b>27</b>  <b>Fish Tacos</b>            Shredded Cabbage, Onion, Cilantro            Jalapeno Cream Sauce            Black Bean &amp; Corn Salad*            Mexican Rice            Corn Tortillas            Cantaloupe  <b>Alternate Salad</b>            Tarragon Chicken Salad</p>	<p><b>28</b>  <b>Turkey BLT</b>            Sourdough Bread            Split Pea Soup            Potato Salad            Fresh Fruit            Ice Cream</p> 	<p><b>29</b>  <b>Stir Fried Beef</b>            California Vegetables            Rice            Asian Cabbage Salad            Mandarin Oranges            Fortune Cookie</p>

# Carlsbad Paradise Café by the Sea

**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.

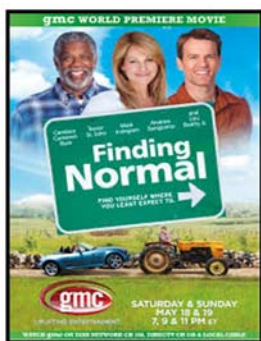
Advance reservations can be made in person, by calling **760-602-4655**. Please tell us which day(s) you will be attending lunch and leave your full name and phone number. Cancellations can be made by calling **760-602-4655**.



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 **760-602-4650**.

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**.



Wednesdays, transportation is available for shopping. Call **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.



## SEPTEMBER SENIOR SPECIALS

9/5	1 to 3 p.m.	* Armchair Theater: “The Choice”
9/6	9:45 to 11:30 a.m.	Carlsbad Newcomers host Guest Speaker – Sue Crum: Speaker, Trainer, Consultant and Author of “Clear Your Clutter”
9/7	1:30 to 3:30 p.m.	Monthly Dance: The Vidals, sponsored by Carlsbad by the Sea \$4.
9/8	11:30 a.m. to 1 p.m.	* Ice Cream Social in the Park with Cowboy Jack
9/11	1 to 2:30 p.m. 1:30 to 3 p.m.	Book Club: “I’ll See You in Paris,” by Michelle Gable Morningstar Financial Education Lecture: The ABCs of Stock, Bond and Allocation Mutual Funds
9/14	1 and 3 p.m.	Monthly Movie: “Beauty and the Beast”
9/18	1:30 to 3 p.m.	Morningstar Financial Education Lecture: Investment Punditry: Should We Consider Product Warning Labels?
9/19	1 to 3 p.m.	*Armchair Theater: “Finding Normal”
9/25	1:30 to 3 p.m.	Morningstar Financial Education Lecture: “Nutrition” Labels to Analyze Mutual Funds
9/26	10:30 to 11:30 a.m. 1 to 3 p.m.	Seminar: Successful aging in place: Financial planning options * Armchair Theater: “Love Finds You in Valentine”
9/27	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Photo Books Made Easy Photoshop Elements – Photo Retouching
9/28	10 a.m. to 11:30 a.m.	Seminar: Stand Up to Prevent Falls – What You Can Do to Reduce Your Risk

\* Requires reservations