

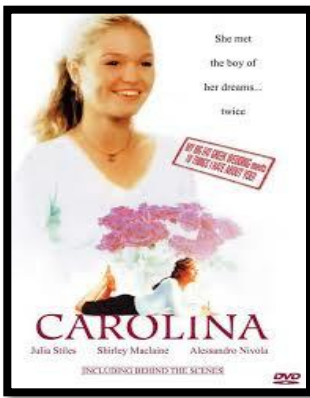
# Carlsbad Paradise Café by the Sea

## January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> New Year's Day Holiday</p> 	<p><b>2</b> <b>Chicken with Mushrooms</b> Rice, Peas &amp; Carrots Mixed Green Salad Biscuit Cinnamon Apples <b>Armchair Theater:</b> "Who Gets the Dog?" 1 &amp; 3 p.m. in TV Lounge</p>	<p><b>3</b> <b>Open-Faced Cubano Sandwich*</b> <b>Carrot Lentil Soup</b> Sweet &amp; Sour Slaw Crackers* Pineapple <b>Alternate Salad</b> Asian Chicken Salad Carrots, Mandarins</p>	<p><b>4</b> <b>Chili Con Carne*</b> Baked Potato Sour Cream, Cheese, Scallions Raw Broccoli Cornbread Ice Cream with Pears</p>	<p><b>5</b> <b>Eggplant Parmesan</b> Meat Sauce Spinach Salad with Carrots Garlic Bread Fresh Fruit</p>
<p><b>8</b> <b>Chicken Marsala</b> Rice Grilled Zucchini Caesar Salad Garlic Bread Mandarin Oranges</p>	<p><b>9</b> <b>Beef Stroganoff</b> Broccoli &amp; Carrots Noodles Marinated Beets on a Lettuce Garnish Apple Cobbler</p>	<p><b>10</b> <b>Tilapia</b> Mango Sauce Coconut Rice Spinach Tropical Fruit Salad <b>Alternate Salad</b> Grilled Chicken Salad Carrots</p>	<p><b>11</b> <b>BBQ Chicken</b> Coleslaw, Potato Salad Dinner Roll Fresh Fruit <b>Monthly Movie:</b> "Going in Style" 1 p.m. in Auditorium 3 p.m. in TV Lounge</p>	<p><b>12</b> <b>Swedish Meatballs*</b> Bowtie Pasta Peas &amp; Carrots Mixed Salad Greens with Cranberries Dinner Roll Ice Cream with Berries</p>
<p><b>15</b> Martin Luther King Holiday</p> 	<p><b>16</b> <b>French Dip**</b> Au Jus, Horseradish French Roll, Roast Sweet Potatoes, Three Bean Salad, Pears <b>Armchair Theater:</b> "Carolina" 1 &amp; 3 p.m. in TV Lounge</p>	<p><b>17</b> <b>Pork with Apple Chutney</b> Potato Gratin California Vegetables Rye Bread, Chocolate Pudding <b>Alternate Salad</b> Oriental Chicken Salad Carrots</p>	<p><b>18</b> <b>Shepherd's Pie*</b> Mashed Potato Topping Peas &amp; Carrots Greek Salad Garlic Bread Peaches</p>	<p><b>19</b> <b>Paprika Chicken</b> Rice, Peas Broccoli Salad Mandarin Ice Cream with Banana</p> 
<p><b>22</b> <b>Beef Stew</b> Carrots, Onions, Celery Parsley Potatoes Coleslaw Wheat Bread Apple Sauce</p>	<p><b>23</b> <b>Stuffed Peppers</b> Marinara Sauce Penne Pasta Corn, Caesar Salad Garlic Bread Vanilla Pudding <b>Armchair Theater:</b> "The Better Half" 1 &amp; 3 p.m. in TV Lounge</p>	<p><b>24</b> <b>Fish Florentine</b> With Spinach and Béchamel Sauce Yellow Rice Tomato Gratin Cake <b>Alternate Salad</b> Tuna Salad Plate Carrots</p>	<p><b>25</b> <b>Meatloaf</b> Mashed Potatoes &amp; Gravy* Carrots Stewed Tomatoes Dinner Roll Cookies</p>	<p><b>26</b> <b>Cream of Potato Soup*</b> Tuna Salad Lettuce, Tomato, Onion Croissant Crackers* Tropical Fruit Salad</p>
<p><b>29</b> <b>Spaghetti &amp; Meatballs*</b> Marinara Sauce Parmesan Italian Vegetables Garlic Bread Orange</p>	<p><b>30</b> <b>Ginger Chicken</b> Rice, Sesame Green Beans &amp; Carrots Asian Cabbage Salad Fresh Fruit Fortune Cookie <b>Armchair Theater:</b> "Cairo Time" 1 &amp; 3 p.m. in TV Lounge</p>	<p><b>31</b> <b>Liver &amp; Onions</b> Mashed Potatoes Gravy, Carrots Stewed Tomatoes Sourdough Bread Chocolate Pudding <b>Alternate Salad</b> Caesar Chicken Salad Carrots</p>	 <p>January 12th Movie: "Going in Style"</p>	 <p>January 2nd Movie: "Who Gets the Dog?"</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](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 [760-602-4650](tel: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](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

1/4	1:30 to 3:30 p.m.	Monthly Dance: The Vidals, sponsored by Las Villas de Carlsbad. \$4.
1/2	1 and 3 p.m.	* Armchair Theater: “Who Gets the Dog”
1/8	1 to 2:30 p.m. 1 to 2:30 p.m.	Book Club: “The Sandcastle Girls,” by Chris Bohjanian Morningstar Financial Education Lecture: Fund of the Month
1/11	1 p.m. 3 p.m.	Monthly Movie: “Going in Style” - Auditorium Monthly Movie: “Going in Style” - TV Lounge
1/16	1 and 3 p.m.	* Armchair Theater: “Carolina”
1/17	10 to 11:15 a.m. 1 to 2:30 p.m.	Photoshop Elements – The Organizer Apple’s Photos App <b>NEW!</b>
1/18	10 to 11:15 a.m.	Seminar: <b>In Our Own Voice – Living with Mental Illness</b>
1/22	1:30 to 3 p.m.	Morningstar Financial Education Lecture: Morningstar’s FundInvestor Newsletter
1/23	1 and 3 p.m.	* Armchair Theater: “The Better Half”
1/24	10 to 11:15 a.m. 1 to 2:30 p.m.	Scanning Photos Cloud Storage
1/29	1:30 to 3 p.m.	Morningstar Financial Education Lecture: The Morningstar Monthly Reader
1/30	10:30 to 11:30 a.m. 1 and 3 p.m.	* Seminar - Successful aging in place: <b>Introduction to The Master Plan for Aging in Place</b> * Armchair Theater: “Cairo Time”

\* Requires reservations