

Carlsbad Paradise Café by the Sea

June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change Reservations: 760-602-4655 ** = 500+ mg * = 300-500 mg Sodium</p>	 <p>Bingo every Tuesday 1 p.m. in Auditorium</p>	 <p>JACK CARSON · JUDITH ANDERSON</p>	 <p>wonder</p>	<p>1 Stir Fried Beef Broccoli Rice Asian Cabbage Salad Mandarin Oranges</p>
<p>4 Chicken Marsala Bowtie Pasta California Vegetables Marinated Beet Salad on Lettuce Leaf Apple Sauce</p>	<p>5 Beef Bourguignon Parsley Potatoes Honey Glazed Carrots Mixed Green Salad Biscuit Chocolate Pudding Armchair Theater: "Cat on a Hot Tin Roof" 1 & 3 p.m. in TV Lounge</p>	<p>6 Ham with Apricot Sauce** Scalloped Sweet Potatoes Green Beans, Wheat Bread, Apple Strudel Alternate Salad Cobb Salad with Chicken, Carrots</p>	<p>7 Salisbury Steak Mashed Potatoes Gravy*, Peas & Carrots Wheat Bread Fresh Fruit </p>	<p>8 Pecan Chicken Cornbread Stuffing* Chicken Gravy* Collard Greens Mixed Salad Greens with Cranberries Fresh Fruit</p>
<p>11 Chicken Teriyaki* Rice Stir Fried Vegetables Asian Cabbage Salad Pineapple Fortune Cookie</p>	<p>12 Roast Beef* Au jus*, Horseradish Baked Potato, Sour Cream, Scallions Creamed Spinach Dinner Roll, Pears with Chocolate Sauce</p>	<p>13 Salmon with Dill Sauce Rice & Lentil Pilaf California Vegetables Caesar Salad Cinnamon Apples Alternate Salad Asian Chicken Salad, Carrots</p>	<p>14 Chicken & Broccoli Lasagna Béchamel Sauce Greek Salad Garlic Bread Ice Cream with Fruit Monthly Movie: "Wonder" 1 to 3 p.m. in AUD</p>	<p>15 Texas BBQ Beef Rosemary Potatoes Baked Beans* Tossed Salad with Tomato & Cucumber Cornbread Melon</p>
<p>18 Spaghetti & Meatballs* Marinara Sauce Italian Vegetables Spinach Salad with Mandarins Garlic Bread Pudding</p>	<p>19 Chicken Piccata Rice Pilaf Green Beans with Almonds Mixed Green Salad Tropical Fruit Salad Armchair Theater: "Chimpanzee" 1 & 3 p.m. in TV Lounge</p>	<p>20 Roast Pork Mashed Potatoes, Gravy* Sauerkraut* Marinated Carrot Salad Dinner Roll Ambrosia Alternate Salad Tuna Salad Plate, Carrots</p>	<p>21 Meatloaf Mashed Potatoes & Gravy* Peas & Carrots Stewed Tomatoes Dinner Roll Cantaloupe</p>	<p>22 Philly Cheese Steak** Onions & Peppers Roll Provolone Cheese Sweet Potato Fries Coleslaw Ice Cream</p>
<p>25 Chicken Cacciatore Penne Pasta Grilled Zucchini Caesar Salad Parmesan Garlic Bread Fresh Fruit</p>	<p>26 Minestrone Turkey Wrap with Cranberry Mayo* Coleslaw Crackers* Fruit Pie Armchair Theater: "5 Flights Up" 1 & 3 p.m. in TV Lounge</p>	<p>27 Fish Tacos Shredded Cabbage, Onion, Cilantro Jalapeno Cream Sauce Black Bean & Corn Salad* Mexican Rice Tortillas, Cantaloupe Alternate Salad Tarragon Chicken Salad</p>	<p>28 Roast Turkey Mashed Potatoes Gravy Stuffing California Vegetables Cranberry Sauce Ice Cream with Fruit</p>	<p>29 Sloppy Joe Sandwich Roll Baked Potato Sour Cream & Scallions Corn Pineapple Slaw Chocolate Pudding</p>

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For information call: 760-602-4650

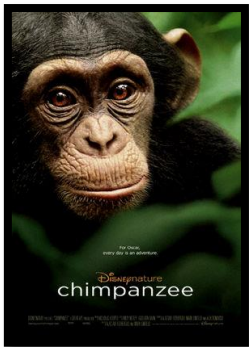
The Carlsbad Senior Center serves nutritious, “hot” meals Monday through Friday in our Dining Room. The requested donation for seniors, who are **ages 60 and up**, is \$3.50—you need not be a city of Carlsbad resident to dine. A \$5 lunch fee applies to non-senior guests of seniors.

Advance reservations can be made in person, by calling 760-602-4655. 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.



JUNE SENIOR SPECIALS

6/5	1 & 3 p.m.	* Armchair Theater: Classic movie, <i>Cat on a Hot Tin Roof</i>
6/6	9:45 to 11:30 a.m.	Carlsbad Newcomers host: Guest speaker – Mike McMahon speaks on wildfires preparedness
6/7	1:30 to 3:30 p.m.	Monthly Dance: The Pier Group, sponsored by Qualicare Homecare \$4.
6/11	1 to 2:30 p.m. 1:30 to 3 p.m.	Book Club: <i>Clara & Mr. Tiffany</i> , by Susan Vreeland Morningstar Financial Education Lecture: Category Fund of the Month
6/13	10 to 11:15 a.m. 1 to 2:15 p.m.	Photo Restoration with Photoshop Elements Wildfires – Are You Ready to Evacuate?
6/14	1 to 3 p.m.	Monthly Movie: <i>Wonder</i>
6/18	10:30 to 11:30 a.m. 1:30 to 3 p.m.	* Try it Without Risk: 24k Zumba Gold! Morningstar Financial Education Lecture: Morningstar Fund Investing Basics
6/19	1 to 3 p.m.	* Armchair Theater: <i>Chimpanzee</i>
6/20	9 a.m. to 12 noon 10 to 11:15 a.m. 1 to 2:15 p.m.	* FREE hearing screenings & CTAP phone distribution event Backing Up Your Smartphone NEW! Traveling Better with Technology NEW!
6/21	10 to 11:30 a.m. 12:45 to 1:15 p.m.	Seminar: Learn About Your Car! Baby grand piano performance by 11-year-old, Ethan Dohrmann!
6/25	1:30 to 3 p.m.	Morningstar Financial Education Lecture: The Morningstar Monthly Reader
6/26	10 a.m. to 3 p.m. 10:30 to 11:30 a.m. 1 & 3 p.m.	* Low-vision consultations with the Braille Institute of San Diego * Successful Aging in Place: Financial Implications of Aging * Armchair Theater: <i>5 Flights Up</i>

* Requires reservations