

Carlsbad Paradise Café by the Sea

NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Transportation Available Call 760-602-4650 for information</p>	<p>Menu subject to change Reservations: 760-602-4655 *= High Sodium Entrees with High Sodium Gravy can be served on the side.</p>		<p>1 Chicken Florentine Chicken Breast with Spinach Alfredo Sauce* Pasta Mixed Green Salad Fresh Fruit</p>	<p>2 Stir Fried Beef with Broccoli Rice Asian Cabbage Salad Mandarin Oranges Fortune Cookie</p>
<p>5 Meatball Sandwich* Italian Roll Three Bean Salad on a Lettuce Leaf Tater Tots Melon</p>	<p>6 Chicken Marsala Herbed Rice Broccoli Carrot Salad with Pineapple Pudding</p>	<p>7 Fish Vera Cruz With tomatoes & Peppers Parsley Potatoes Corn Sourdough Bread Fresh Fruit <u>ALTERNATE SALAD</u> Tarragon Chicken Salad Lettuce, Tomato, Cucumbers, Tropical Fruit</p>	<p>8 Carrot Ginger Soup Ham & Swiss on Rye* Lettuce & Tomato Potato Salad Crackers Tropical Fruit Salad Free Movie: "The 15:17 to Paris" Auditorium 1 to 3 p.m.</p>	<p>9 Meatloaf Mashed Potatoes Gravy* Stewed Tomatoes Peas & Carrots Wheat Bread Apple Crisp Whipped Cream</p>
<p>12 VETERANS DAY HOLIDAY</p>  <p>No meal service available</p>	<p>13 Beef Bourguignon Bowtie Pasta Mixed Green Salad California Vegetables Mandarin Oranges Armchair Theater "Strangers on a Train" TV Lounge 1 to 3 p.m.</p>	<p>14 Pork Chile Verde* Rice Mixed Green Salad Black Bean & Corn Salad Flour Tortilla Pineapple <u>ALTERNATE SALAD</u> Tuna Salad & Fruit Lettuce, Tomatoes, Cucumbers, Pineapple</p>	<p>15 BBQ Chicken on a Bun* Ranch Beans* Roasted Sweet Potatoes Corn Apple Sauce</p>	<p>16 Pot Roast Carrots, Onions, Celery Mashed Potatoes, Gravy Mixed Vegetables Biscuit Ice Cream with Fruit</p>  <p>HAPPY BIRTHDAY</p>
<p>19 Cheese Ravioli* Meat Sauce Spinach Caesar Salad Garlic Bread Pears</p>	<p>20 French Dip* French Roll Au jus*, Horseradish Rosemary Potatoes Honey Glazed Carrots Banana Armchair Theater "Harry & Snowman"</p>	<p>21 Roast Turkey Mashed Potatoes Gravy Cornbread Stuffing* Fruited Coleslaw Green Beans Cranberry Sauce Pumpkin Pie</p>	<p>22 THANKSGIVING HOLIDAY</p>  <p>No meal service available</p>	<p>23 THANKSGIVING HOLIDAY</p>
<p>26 Italian Sausage* & Peppers Marinara Sauce Penne Pasta California Blend Garlic Bread Fresh Fruit</p>	<p>27 Honey Bourbon Glazed Chicken Macaroni & Cheese* Stewed Tomatoes Marinated Bean Salad Pineapple Armchair Theater "Waffle Street"</p>	<p>28 Tilapia with Mango Sauce Creamed Spinach Coconut Rice Ambrosia <u>ALTERNATE SALAD</u> Asian Chicken Salad Carrots, Mandarins</p>	<p>29 Black Bean Soup* Open Faced Cubano Sandwich* Sweet & Sour Cabbage Salad Crackers* Fresh Fruit</p>	<p>30 Moroccan Chicken with Apricots Rice & Lentil Pilaf Zucchini & Tomatoes Greek Salad Cantaloupe</p>

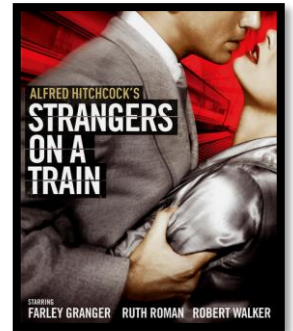
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For information call: 760-602-4650



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.

NOVEMBER SENIOR SPECIALS

11/1	1:30 to 3:30 p.m.	Monthly Dance: The Pier Group, sponsored by Heritage Hills Memory Care and Qualicare Family Homecare. \$4.
11/7	9:45 to 11:30 a.m.	Carlsbad Newcomers – Guest Speaker and author, Susan Miller, discusses “A Lay Person’s Perspective on Alzheimer Disease.”
11/8	1 to 3 p.m.	Monthly Movie: “The 15:17 to Paris”
11/12	1:30 to 3 p.m.	Morningstar Financial Education Lecture: Fund of the Month
11/13	1 & 3 p.m.	* Armchair Theater: “Strangers on a Train”
11/15	10 to 11:45 a.m.	Seminar: The ABCs & Part D of Medicare 2019
11/19	1 to 2:30 p.m. 1:30 to 3 p.m.	Book Club: “Once Upon a Town,” by Bob Greene Morningstar Financial Education Lecture: Fund Investing Basics
11/20	1 & 3 p.m.	* Armchair Theater: “Harry & Snowman”
11/26	1:30 to 3 p.m.	Morningstar Financial Education Lecture: Monthly Reader
11/27	10:30 to 11:30 a.m. 1 & 3 p.m.	Successful Aging in Place: Simplify the Process of Downsizing * Armchair Theater: “Waffle Street”
11/28	10 a.m. to 11:15 a.m. 1 to 2:15 p.m.	Holiday Photo Tips Sharing Your Holiday Photos
11/29	10 to 11:30 a.m. 1 to 3 p.m.	Seminar: The Care and Feeding of Your Car American Politics Discussion: Post Midterm Elections and Reflections

* Requires reservations