

# Carlsbad Paradise Café by the Sea

## October 2018

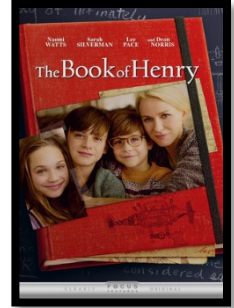
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>World Vegetarian Day</b> Spinach &amp; Cheese Quiche▲ Mixed Salad Greens Marinated Bean Salad Fresh Fruit Oatmeal Cookie</p>	<p><b>2</b></p> <p><b>Salisbury Steak</b> Sautéed Peppers &amp; Onions Mushroom Gravy▲ Mashed Potatoes Zucchini &amp; Tomatoes Wheat Bread Fresh Fruit <b>"My Favorite Wife"</b></p>	<p><b>3</b></p> <p><b>Tomato Basil Soup</b> <b>Turkey Wrap▲</b> Spinach, Red Pepper &amp; Feta Carrot Salad with Pineapple Crackers▲, Ice Cream <b>ALTERNATE SALAD</b> Spinach Salad with Bacon, Egg, Mandarins</p>	<p><b>4</b></p> <p><b>OKTOBERFEST</b> <b>Sausage Sampler</b> <b>Plate▲</b> Sauerkraut▲ German Potato Salad Roll Apple Strudel</p>	<p><b>5</b></p> <p><b>Philly Chicken Steak</b> <b>with Cheese▲</b> Peppers &amp; Onions Steak Roll Lettuce, Tomato Salad Carrot Sticks with Dip Melon</p>
<p><b>8</b></p> <p><b>COLUMBUS DAY</b> <b>HOLIDAY</b></p>  <p><b>No lunch served</b></p>	<p><b>9</b></p> <p><b>Stuffed Bell Peppers</b> Marinara Sauce Whole Wheat Pasta Corn Zucchini Carrot Slaw Garlic Bread Applesauce</p>	<p><b>10</b></p> <p><b>Salmon</b> With Hollandaise Sauce▲ Parsley Potatoes Carrots &amp; Green Beans Roll Fresh Fruit <b>ALTERNATE SALAD</b> Chicken Cobb Salad</p>	<p><b>11</b></p> <p><b>Meatloaf</b> Garlic Mashed Potatoes Mushroom Gravy▲ Stewed Tomatoes Peas &amp; Carrots Wheat Bread Ice Cream with Bananas <b>1 p.m., AUD, Free movie:</b> <b>"Three Billboards Outside</b> <b>Ebbing, Missouri"</b></p>	<p><b>12</b></p> <p><b>Chicken Pie</b> <b>Gravy▲</b> Mixed Salad Greens Black Bean, Corn &amp; Tomato Salad Cookie Peaches</p>
<p><b>15</b></p> <p><b>Beef Stew</b> Carrots, Celery, Onions Parsley Potatoes Mixed Vegetables Biscuit Fruit</p>	<p><b>16</b></p> <p><b>BBQ Pulled Pork▲</b> <b>Sandwich Bun</b> Corn, Sweet &amp; Sour Cabbage Salad with Cilantro Mandarin Oranges <b>Lunch &amp; movie:</b> <b>"The Hollars"</b> <b>TV Lounge 1 p.m.</b></p>	<p><b>17</b></p> <p><b>Liver &amp; Onions</b> Mashed Potatoes Gravy▲ Creamed Spinach Sourdough Bread Fruit Cobbler <b>ALTERNATE SALAD</b> Bay Shrimp Salad &amp; Fruit</p>	<p><b>18</b></p> <p><b>Cream of Pumpkin Soup</b> <b>Chicken Salad</b> Croissant Lettuce &amp; Tomato Cranberry-Orange Slaw Lemon Cake</p>	<p><b>19</b></p> <p><b>Grilled Hamburgers</b> Burger Roll Sautéed Onions &amp; Mushrooms Rosemary Potatoes Baked Beans▲ Ice Cream with Fruit</p>
<p><b>22</b></p> <p><b>Orange Rosemary</b> <b>Chicken Breast</b> Herbed Rice California Vegetables Spinach Salad with Mandarins, Ice Cream</p>  <p><b>HAPPY BIRTHDAY!</b></p>	<p><b>23</b></p> <p><b>Pea Soup</b> Tuna Salad Rye Toast Potato Salad Mixed Greens with Tomato &amp; Cucumber Ice Cream Sundae with Berries <b>Armchair Theater:</b> <b>"The Book of Henry"</b></p>	<p><b>24</b></p> <p><b>Pork Carnitas</b> Corn Tortillas Mexican Rice Black Beans▲ Marinated Carrots Sour Cream Shredded Cabbage Tomatoes, Onions Orange <b>ALTERNATE SALAD</b> Curried Chicken Salad</p>	<p><b>25</b></p> <p><b>Spaghetti &amp; Turkey</b> <b>Meatballs</b> Marinara Sauce Italian Vegetables Mixed Green Salad With Shredded Carrots Garlic Bread Peach Cobbler</p>	<p><b>26</b></p> <p><b>Roast Beef</b> Madeira Sauce▲ Baked Potato with Sour Cream and Scallions Broccoli &amp; Cauliflower French Baguette Fresh Fruit</p>
<p><b>29</b></p> <p><b>Chili con Carne▲</b> Diced Onions &amp; Cheese Rice Mixed Green Salad Carrot Sticks with Dip Cornbread Pineapple</p>	<p><b>30</b></p> <p><b>Veal &amp; Pork Pojarski</b> (Homemade Ground Patty with Herbs) Mustard Cream Sauce Parsley Potatoes Honey Glazed Carrots Roll Tropical Fruit Salad</p>	<p><b>31</b></p> <p><b>HALLOWEEN</b> <b>Goulash</b> Noodles California Blend Marinated Beets Italian Bread Lady Finger Shortcake <b>ALTERNATE SALAD</b> Southwest Chicken Salad</p>	 <p><b>Transportation</b> Available Call 760-602-4650 for information</p>	<p><b>Menu subject</b> <b>to change</b> <b>Reservations:</b> <b>760-602-4655</b> <b>▲ = High Sodium</b> <b>Entrees with High</b> <b>Sodium Gravy can be</b> <b>served on the side.</b></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 [760-602-4650](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 & 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.



## OCTOBER SENIOR SPECIALS

10/2	1 to 3 p.m.	*Armchair Theater’s Classic Movie Tuesday: “My Favorite Wife”
10/3	9:45 to 11:30 a.m.	Carlsbad Newcomers host – Scott McClatchey of Society for Financial Awareness (SOFA)
10/4	1:30 to 3:30 p.m.	Monthly Dance: the Vidals, sponsored by <i>Qualicare</i> . \$4.
10/8	1 to 2:30 p.m.	Book Club: “Did You Ever Have a Family,” Bill Clegg
10/11	1 to 2:30 p.m. 1 to 3 p.m.	American Politics Discussion: <b>The Democratic Republic</b> Monthly Movie: “Three Billboards Outside Ebbing, Missouri”
10/16	1 & 3 p.m.	*Armchair Theater: “The Hollars”
10/18	10 to 11:30 a.m.	American Politics Discussion: <b>U.S. Politics and Mid-term Campaigns</b>
10/23	1 & 3 p.m.	* Armchair Theater: “The Book of Henry”
10/24	9 a.m. to 12:30 p.m. 10 to 11:15 a.m. 1 to 2:15 p.m. 1:30 to 2:30 p.m.	<b>CVS Flu Shot Clinic</b> Photo Books made Easy Picasa Lives! Seaside Singers Performance: <b>Trios, Duos and Soloists</b>
10/30	10:30 to 11:30 a.m. 1 & 3 p.m.	Successful Aging in Place: <b>The Silver Kitchen</b> *Armchair Theater: “Journey 2: The Mysterious Island”
10/31	10 to 11:15 a.m. 1 to 2:15 p.m.	About YouTube <b>NEW!</b> Computer Browsers <b>NEW!</b>

\*Requires reservations