


Carlsbad Paradise Café by the Sea

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Closed</p>  <p>No meal services available</p>	<p>2</p> <p>Fish Tacos Cumin rice, Black beans* Shredded cabbage, Cilantro, onion, tomato Corn tortillas, Orange Alternate Salad Chicken salad w/mixed grains</p>	<p>3</p> <p>Potato Leek Soup Polish sausage** Rye bread Carrot slaw Tropical fruit</p>	<p>4</p> <p>Meat & Cheese Lasagna* Marinara sauce spinach Mixed green salad Whole grain bread Pears</p>
<p>7</p> <p>Chicken with mushroom cream sauce Parsley potatoes Peas & carrots Melon Graham crackers</p>	<p>8</p> <p>Salisbury Steak Mashed potatoes Gravy Green beans Stewed tomatoes Whole wheat bread Fruit</p>	<p>9</p> <p>Kahlua Pork* Braised cabbage Scalloped sweet potatoes Rye bread Pineapple Alternate Salad Greek salad with chicken Red peppers, Carrots</p>	<p>10</p> <p>Stuffed Peppers Marinara Sauce Quinoa Zucchini Greek salad Ice cream with peaches Monthly Movie: "The Founder"</p>	<p>11</p> <p>Chicken Béarnaise* Broccoli Ancient grains pilaf Spring mix Balsamic vinaigrette Fruit</p>
<p>14</p> <p>Stir Fried Chicken w/ vegetables Brown rice Asian cabbage salad Mandarins Fortune cookie</p>	<p>15</p> <p>French Dip* Au jus*, Horseradish Steak roll Roasted sweet Potatoes Tabbouleh Fresh fruit Armchair Theater: "Goodbye Christopher Robin"</p>	<p>16</p> <p>Clam Chowder** Tuna Salad Mixed salad greens Tomatoes & cucumbers Multigrain bread Tropical fruit salad Alternate Salad Spinach salad with Bacon*, Egg & mandarins Multi-grain bread</p>	<p>17</p> <p>Chicken Curry Chicken with onions, potatoes, celery in a coconut curry sauce Brown rice Broccoli & carrots Pineapple</p>	<p>18</p> <p>Shepard's Pie Mashed potato topping Peas & carrots Tomato cucumber salad Whole wheat bread Cinnamon apples</p> 
<p>21</p> <p>Holiday Martin Luther King Jr. Birthday</p> <p>No meal services available</p>	<p>22</p> <p>Chicken Cacciatore Ancient grains pilaf Italian vegetables Spinach salad Apple cobbler Armchair Theater: "Here Comes the Boom"</p>	<p>23</p> <p>Pork Fajitas with peppers & onions Cilantro rice, Refried beans*, Jalapeno carrots Shredded lettuce, Diced tomato, Sour cream Whole wheat tortilla, orange Alternate Salad Tuna salad plate, Carrots Whole wheat tortilla</p>	<p>24</p> <p>Pastrami & Swiss sandwich** Rye bread Lentil soup Marinated carrot slaw Tropical fruit salad</p>	<p>25</p> <p>BBQ Beef* Potato salad Coleslaw Whole wheat bread Fresh fruit</p>
<p>28</p> <p>Fish Provençale with tomatoes, red peppers, black olives & capers, Mixed rice pilaf, Zucchini carrot medley Mixed green salad Ambrosia</p>	<p>29</p> <p>Fettuccine Alfredo* with Chicken Spinach Mixed green salad Pears Graham Crackers Armchair Theater: "Jane Got a Gun"</p>	<p>30</p> <p>Chili con Carne* Cheese, Sour cream, Scallions, Brown rice, Broccoli Fruit Alternate Salad Chef salad, Whole grain crackers</p>	<p>31</p> <p>Meatloaf Garlic mashed potatoes Gravy* Peas & carrots Stewed tomatoes Dinner roll Applesauce</p>	<p>Menu subject to change Reservations: 760-602-4655 ** = 500+MG * = 300-500 MG Sodium</p>

