

Carlsbad Paradise Café by the Sea

May 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENU SUBJECT TO CHANGE</p> <p>RESERVATIONS 760-602-4655</p>	<p>1</p> <p>Pot Roast Carrots, Onions, Celery Parsley Potatoes Tomato Cucumber Salad Cornbread Ice Cream</p>	<p>2</p> <p>Liver & Onions Mashed Potatoes Gravy, Corn Spinach Salad Sourdough Bread Apple Sauce ALTERNATE SALAD Chef Salad</p>	<p>3</p> <p>Carrot Lentil Soup Ham & Swiss on Rye Potato Salad Lettuce & Tomato Crackers, Pineapple</p> 	<p>4</p> <p>2 Beef Soft Tacos Mexican Rice, Refried Beans, Shredded Lettuce, Diced Tomatoes, Cheese, Salsa, Sour Cream, Orange Flan</p>
<p>7</p> <p>Chicken Piccata Lemon Butter Sauce Linguine Normandy Vegetables Marinated Beet Salad Garlic Bread Fresh Fruit</p>	<p>8</p> <p>Roast Beef with Madeira Sauce Horseradish Baked Potato Sour Cream, Scallions Corn Mixed Baby Greens Cranberries & Oranges Dinner Roll, Cookie</p>	<p>9</p> <p>Fish with Mango Sauce Coconut Rice Sesame Green Beans & Carrots Green Salad Peanut Dressing Mandarins ALTERNATE SALAD Caesar Salad with Steak</p>	<p>10</p> <p>Meatloaf Mashed Potatoes Mushroom Gravy Stewed Tomatoes Peas, Wheat Bread Pudding FREE Movie: "Midnight in Paris" 1-3 pm in Auditorium</p>	<p>11</p> <p>Mother's Day Special Roast Leg of Lamb Gravy Parsley Potatoes Carrots Spinach Salad with Strawberries Dinner Roll Cheesecake</p>
<p>14</p> <p>Cheeseburgers Potato Salad Baked beans Lettuce, Tomato & Onion, Ice Cream with Pineapple</p> 	<p>15</p> <p>French Onion Soup Curried Chicken Salad Leaf Lettuce, Tomatoes & Cucumbers Cheese Crostini Tropical Fruit Salad</p>	<p>16</p> <p>Pork Carnitas Corn Tortillas, Cheese Mexican Rice, Beans Salsa, Sour Cream Shredded Cabbage, Cilantro, Onion, Melon ALTERNATE SALAD Southwest Chicken Salad Raw Carrots with Ranch</p>	<p>17</p> <p>Chicken Saltimbocca with Prosciutto & Linguine with Sun-Dried Tomato Cream Sauce Italian Vegetables Mixed Green Salad Mandarins Italian Bread Brownie</p>	<p>18</p> <p>Salisbury Steak Sautéed Onions Mushroom Gravy Mashed Potatoes Carrot Slaw Zucchini & Tomatoes Wheat Bread Pudding</p>
<p>21</p> <p>Spaghetti & Grilled Sausage Marinara Sauce Italian Vegetables Mixed Green Salad Garlic Bread & Fruit</p> 	<p>22</p> <p>Pecan Chicken Bow-Tie Pasta with Dijon Cream Sauce California Vegetables Tomato & Cucumber Wheat Bread Fruited Jell-O</p>	<p>23</p> <p>Salmon with Hollandaise Sauce Parsley Potatoes Garlic Green Carrot Salad with Pineapple, Dinner Roll & Lemon Cake ALTERNATE SALAD Oriental Chicken Salad Carrots, Sesame Noodles</p>	<p>24</p> <p>Roast Turkey Stuffing & Gravy Mashed Potatoes Broccoli Cranberry Sauce Cinnamon Apples</p>	<p>25</p> <p>Texas BBQ Beef Potato Salad Ranch Beans Cranberry Orange Slaw Texas Toast Ice Cream</p>  <p>HAPPY BIRTHDAY</p>
<p>28</p> <p>Memorial Day</p>  <p>Center Closed</p>	<p>29</p> <p>Meat and Cheese Lasagna Marinara Sauce Italian Vegetables Tossed Green Salad Garlic Bread Fresh Fruit</p>	<p>30</p> <p>Pork Normandy with Apple Chutney Scalloped Sweet Potatoes Vegetable Medley Dinner Roll Cake ALTERNATE SALAD Tuna & Egg Salad Duet Croissant</p>	<p>31</p> <p>Vegetable Soup Roast Beef Sandwich with Provolone Sourdough Bread Lettuce & Tomato Crackers, Coleslaw Peach Cobbler</p>	<p>Midnight in Paris Written and Directed by Woody Allen</p>  <p>Thursday, May 10th</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.** A \$5 lunch fee applies to non-senior guests of seniors.

Every Wednesday we offer a salad as an alternate meal. Please specify in advance if you would like the entrée **or** the salad.

Advance reservations can be made in person, by calling [760-602-4655](tel:760-602-4655) or online at: www.carlsbadca.gov/parksandrec

Please tell us which day 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 [760-602-4652](tel:760-602-4652).

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 reserved for shopping at Stater Bros. or Trader Joe’s. Transportation to and from Walmart is provided the 1st Thursday of each month. 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 Older Americans Act funds through San Diego County Aging & Independence Services.

MAY SENIOR SPECIALS

5/03	1:30 to 3:30 pm	Monthly dance: “The Billy Harper Band”
5/08	11:40 am to 12 pm	Lunch Opera Performance: Pacific Lyric Association
5/10	1 to 3 pm	Monthly movie: “Midnight in Paris”
5/14	1 to 2:30 pm	Book club: “The Paris Wife” by David Dosa
5/17	1 to 2 pm	The Carlsbad Choraleers perform “Hollywood: The Good Ol’ Days”
5/23	10 to 11:30 am	“The Joys of LibreOffice” seminar
5/24	10 to 11 am	2012 property tax outlook with San Diego Tax Collector, Dan McAllister
5/30	9:30 to 11:30 am	National Senior Health & Fitness Day - One Mile Walk
5/31	10 to 11:45 am	“Living a brain-healthy lifestyle” seminar