

Carlsbad Paradise Café by the Sea

August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menu subject to change Reservations: 760-602-4655 *Denotes meal ≥ 1000 mg Sodium 2% Milk served daily</p>			<p>1 Pepper Steak Whole Grain Rice Medley Broccoli & Carrots Applesauce</p>	<p>2 Honey Bourbon Glazed Chicken Green Beans Roasted Sweet Potatoes Whole Wheat Bread Fresh Fruit</p>
<p>5 Taco Salad Seasoned Ground Beef Brown Rice Black Beans Shredded Lettuce, Tomatoes, Cheese, Sour Cream Mandarin Oranges</p>	<p>6 Chicken Portuguese Whole Wheat Pasta Carrots Caesar Salad Tropical Fruit Salad</p>	<p>7 Salmon Dill Sauce Parsley Potatoes Spinach Whole Wheat Bread Peaches Alternate Salad Chef Salad, carrots, ww bread, fruit</p>	<p>8 Turkey Wrap* whole wheat wrap Minestrone Soup Coleslaw Cantaloupe Monthly Movie: "A Star is Born" 1 p.m. in Auditorium</p>	<p>9 Chicken Argenteuil Bernaise Sauce Asparagus Quinoa Spring Mix with Cranberries Whole Wheat Bread Strawberry Shortcake</p>
<p>12 Cheese Ravioli Meat Sauce California Vegetables Spinach Salad Whole Wheat Garlic Bread Fresh Fruit</p>	<p>13 Chicken Cordon Bleu* Potato Gratin Asparagus & Zucchini Medley Mixed Greens, tomato Whole Wheat Roll Melon Armchair Theater: "Johnny English" 1 p.m. in Room 116</p>	<p>14 Ham with Apricot Sauce* Sweet Potato Gratin Green Beans Wholegrain Bread Fresh Fruit Alternate Salad Grilled Chicken Salad, Spinach, Carrots, ww bread Fruit</p>	<p>15 Salisbury Steak Gravy Mashed Potatoes Peas & Carrots Whole Wheat Bread Pineapple HAPPY BIRTHDAY!</p>	<p>16 Hawaiian Chicken With pineapple & ginger Coconut Mixed Rice Stir Fried Vegetables Polynesian Salad Mandarins</p>
<p>19 Curry Chicken Brown Rice Mixed Vegetables Broccoli Salad Cinnamon Apples</p>	<p>20 Beef Fajitas* Peppers & Onions Cilantro Mixed Rice Black Beans Corn Salsa Sour Cream Mandarin Oranges Armchair Theater: "Free Solo" 1 p.m. in Room 116</p>	<p>21 Pork with Apple Chutney Scalloped Potatoes Green Beans Marinated Carrot Salad Whole Wheat Bread Fresh Fruit Alternate Salad Tuna Salad on Mixed Greens, Carrot Salad, WW Bread, Fruit</p>	<p>22 Chicken a l'Orange Quinoa Spinach Greek Salad Peaches</p>	<p>23 Sloppy Joe Whole Wheat Roll Black Bean Succotash Coleslaw Fresh Fruit</p>
<p>26 Italian Sausage* Whole Wheat Pasta Marinara Sauce Tossed Salad Italian Vegetables Fresh Fruit</p>	<p>27 Philly Chicken With Cheese Peppers & Onions Steak Roll Greek Quinoa Salad Lettuce & Tomato Cantaloupe Armchair Theater: "Peppermint" 1 p.m. in Room 116</p>	<p>28 Krabby Cake* Alfredo Sauce Spinach Wheat Pasta Tomato Cucumber Salad Fresh Fruit Alternate Salad Tarragon Chicken Salad, Carrots, WW Bread, Fruit</p>	<p>29 Meatloaf Mashed Potatoes & Gravy Carrots Stewed Tomatoes Whole Wheat Bread Cinnamon Apples</p>	<p>30 Kahlua Pork BBQ Sauce Shredded Cabbage Whole Grain Rice Medley Stir Fried Vegetables Pineapple</p>

