



May 2012

Oceanside Country Club Senior Center

(760) 435-5285

Monday	Tuesday	Wednesday	Thursday	Friday
BINGO Every Thursday 1 - 4 pm	1 <u>Sweet & Sour Meatballs</u> Brown Rice & Barley, Zucchini, Cottage Cheese, Pineapple	2 <u>BBQ Riblet</u> Au Gratin Potatoes Pork~n~Beans, Cole Slaw, Banana	3 <u>Carnitas</u> Spanish Rice, Refried Beans, Black Beans & Rice, Orange Cineo De Mayo	4 <u>Egg Salad Sandwich</u> Broccoli, Carrots & Celery Sticks, Rice & Barley Salad, Cantaloupe
7 <u>Orange Chicken</u> Rice Mix, Snap Peas, Oriental Cole Slaw, Mandarin Oranges	8 <u>Spaghetti & Meatballs</u> Green Beans, Cottage Cheese & Pineapple, Pears	9 <u>Navy Bean & Ham Soup</u> Spring Mix Salad w/ Spinach, Tomatoes, Car- rots, Broccoli, Olives & Feta Cheese, Banana	10 <u>Baked Chicken Breast</u> w/ Mango Sauce, Baked Potato, Broccoli, Caesar Salad, Fruit Salad Mother's Day Luncheon	11 <u>Salmon w/ Dill Sauce</u> White & Brown Rice Mix, Spinach, Beet Salad Cantaloupe
14 <u>Ground Turkey Goulash</u> Mixed Vegetables, Beet Salad, Peaches	15 <u>Turkey Tetrazzini</u> in an Alfredo Sauce Brussel Sprouts, Cottage Cheese & Tomato, Apple Sauce	16 <u>Kielbasa</u> Sauerkraut, Potato Pancake, Cream Corn & Peas, Spinach Salad, Orange	17 <u>Meat Loaf</u> Mashed Potatoes & Gravy, Hubbard Squash, Caesar Salad, Cantaloupe	18 <u>Cajun Chicken</u> in a Cream Sauce, Penne Pasta, Spinach, Tossed Salad, Banana
21 <u>Beef, Potato & Black Bean Casserole</u> Broccoli & Cauliflower, Cole Slaw, Peaches	22 <u>Chicken Noodle Soup</u> Ham & Swiss Cheese Sandwich, Pineapple	23 <u>Pepperoni Pizza</u> w/ Mushrooms & Olives, Green Beans, Carrot & Raisin Salad, Fruit Jell-o	24 <u>Beef & Blue Cheese Wrap</u> Tater Tots, Mixed Veggies, Tossed Salad, Ambrosia	25 <u>Baked BBQ Chicken</u> Baked Potatoes, Honey Mustard Baked Beans, Caesar Salad, Strawberries
28  Closed MEMORIAL HOLIDAY	29 <u>Spinach & Mushroom Manicotti</u> Green Beans, Cucumber & Tomato Salad, Apricots	30 <u>Quiche Lorraine</u> w/ Chicken, Zucchini & Yellow Squash, Tossed Salad, Grapes	31 <u>Liver w/ Bacon & Onions</u> Mashed Potatoes & Gravy, Savory Carrots, Spinach Salad Banana	

Lunch is served from 11:15 to 12 noon, Monday - Friday. A suggested donation of \$3.00 Dine-In & \$3.25 Home Delivery for seniors 60 + years . The price for all guests 59 years or younger is \$5.00. Menu is subject to change without notice.

The program is partially supported by the Older Americans Act funds, awarded through the San Diego County Aging & Independence Services and the City Of Oceanside.

Oceanside Senior Citizens Association, 455 Country Club Lane, Oceanside, CA 92054