

July 2024



Central Coast Commission for Senior Citizens
528 South Broadway
Santa Maria, California 93454

Call us at: (805) 925-9554 Option 1

Meals@CentralCoastSeniors.org

Monday	Tuesday	Wednesday	Thursday	Friday
July 1, 2024 Manicotti with Meat Sauce Cauliflower Italian Blend Vegetables Graham Crackers Diced Pears Low Fat Milk	July 2, 2024 Breaded Haddock Snap Beans Brown Rice Coleslaw Diced Peaches Low Fat Milk	July 3, 2024 BBQ Chicken Sandwich Whole Wheat Bun White Sweet Corn California Blend Vegetables Watermelon Low Fat Milk	July 4, 2024 Closed in honor of 4th of July	July 5, 2024 Closed
July 8, 2024 Pork Rib Patty Whole Wheat Biscuits Parslied Carrots Succotash Mandarin Oranges Low Fat Milk	July 9, 2024 Chili Verde Chicken Enchiladas Black Beans Broccoli Apricot Halves Low Fat Milk	July 10, 2024 Beef Patties with Gravy Brown Rice Green Peas Coleslaw Apples Low Fat Milk	July 11, 2024 Spaghetti with Meat Sauce Seasoned Spinach Romaine Salad with Ranch Dressing Pineapple Low Fat Milk	July 12, 2024 Beefy Taco Salad Tostada Carrot Raisin Salad Corn Salad Fresh Strawberries Low Fat Milk
July 15, 2024 Parmesan Chicken Penne Pasta Sicilian Blend Vegetables Green Pea Salad Mixed Fruit Low Fat Milk	July 16, 2024 Hamburger on Whole Wheat Bun Cubed Sweet Potatoes Brussel Sprouts Diced Pears Low Fat Milk	July 17, 2024 Tuna Noodle Casserole Banana Nut Muffins California Blend Vegetables Herbed Zucchini Diced Peaches Low Fat Milk	July 18, 2024 Turkey Jambalaya Cauliflower Carrot Raisin Salad Mandarin Oranges Low Fat Milk	July 19, 2024 Curried Chicken Salad Whole Wheat Bread Pickled Beets Coleslaw Cantaloupe Low Fat Milk
July 22, 2024 Italian Noodle Casserole Seasoned Spinach Three Bean Salad Pineapple Low Fat Milk	July 23, 2024 Egg White Omlette Whole Wheat Biscuit Roasted Potatoes Stewed Tomatoes Tropical Fruit Low Fat Milk	July 24, 2024 Queso Chicken Enchiladas Pinto Beans Broccoli Apricot Halves Low Fat Milk	July 25, 2024 BBQ Meatballs Brown Rice White Sweet Corn Coleslaw Applesauce Low Fat Milk	July 26, 2024 Chickpea Salad Whole Wheat Roll Carrot Raisin Salad Romaine Salad Honeydew Melon Low Fat Milk
July 29, 2024 Ravioli with Meat Sauce Italian Blend Vegetables Seasoned Summer Squash Mixed Fruit Oatmeal Raisin Cookie Low Fat Milk	July 30, 2024 Turkey with Gravy Stuffing Capri Blend Vegetables Romaine Salad with Italian Dressing Oranges / Graham Crackers Low Fat Milk	July 31, 2024 White Bean Chili Whole Wheat Biscuit Winter Blend Vegetables Carrot Raisin Salad Diced Pears Low Fat Milk	August 1, 2024 Breaded Haddock Brown Rice Mixed Vegetables Coleslaw Diced Peaches Low Fat Milk	August 2, 2024 Chinese Chicken Salad Green Pea Salad Pickled Beets Watermelon Low Fat Milk

Reservations must be made at least three (3) business days in advance.