

August 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 |
|---|---|---|---|---|
| | | | August 1, 2024 | August 2, 2024 |
| | | | Breaded Haddock Brown Rice Mixed Vegetables Coleslaw Diced Peaches Low Fat Milk | Chinese Chicken Salad Green Pea Salad Pickled Beets Watermelon Low Fat Milk |
| August 5, 2024 | August 6, 2024 | August 7, 2024 | August 8, 2024 | August 9, 2024 |
| Cheese Manicotti with Meat Sauce Seasoned Spinach Sicilian Blend Vegetables Pineapple Graham Crackers Low Fat Milk | Chicken a la King Whole Wheat Biscuit Snap Beans Carrot Raisin Salad Tropical Fruit Low Fat Milk | Chicken Enchiladas with Red Sauce Broccoli Cannellini beans Apricot Halves Low Fat Milk | Sweet & Sour Meatballs Brown Rice Winter Blend Vegetables Three Bean Salad Applesauce Low Fat Milk | Southwest Chicken Salad Beans, Corn & Romaine Tostada Shell Coleslaw Cantaloupe Low Fat Milk |
| August 12, 2024 | August 13, 2024 | August 14, 2024 | August 15, 2024 | August 16, 2024 |
| Beef Patty with Gravy Roasted Potatoes Succotash Mandarin Oranges Graham Crackers Low Fat Milk | Chicken Sandwich Capri Blend Vegetables Coleslaw Peaches Low Fat Milk | Spaghetti with Meat Sauce California Blend Vegetables Romaine Salad Pears Low Fat Milk | White Bean Chili Whole Wheat Biscuit Mixed Vegetables Herbed Zucchini Mixed Fruit Low Fat Milk | Tuna Mac Salad Carrot Raisin Salad Pea Salad Honeydew Melon Low Fat Milk |
| August 19, 2024 | August 20, 2024 | August 21, 2024 | August 22, 2024 | August 23, 2024 |
| Italian Noodle Casserole Broccoli Italian Blend Vegetables Apricot Halves Low Fat Milk | Albondigas Corn Tortillas Cauliflower Summer Squash Tropical Fruit Low Fat Milk | Chile Verde Chicken Enchiladas Black Beans Coleslaw Apple Blueberry Muffin Low Fat Milk | Pork Rib Patty Whole Wheat Biscuit Sweet Potatoes Brussel Sprouts Orange Low Fat Milk | Chickpea Salad Whole Wheat Roll Carrot Raisin Salad Corn Salad Watermelon Low Fat Milk |
| August 26, 2024 | August 27, 2024 | August 28, 2024 | August 29, 2024 | August 30, 2024 |
| Turkey with Gravy Stuffing Parslied Carrots Three Bean Salad Mixed Fruit Low Fat Milk | Cheese Omllette Whole Wheat Biscuit Roasted Potatoes Stewed Tomatoes Mandarin Oranges Low Fat Milk | Ravioli with Meat Sauce Herbed Zucchini Carrot Raisin Salad Pineapple Oatmeal Cookies Low Fat Milk | Fish Sandwich Snap Beans Coleslaw Pears Low Fat Milk | Hawaiian Chicken Salad Whole Wheat Bread Pea Salad Romaine Salad Cantaloupe Low Fat Milk |

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

Agosto 2024



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| Lunes | Martes | Miércoles | Jueves | Viernes |
|--|--|---|---|---|
| | | | August 1, 2024 | August 2, 2024 |
| | | | Egilefino empanizado Arroz integral Verduras Mixtas Ensalada de Repollo Duraznos cortados en cubitos Leche baja en grasa | Ensalada de pollo chino ensalada Green llover remolacha en escabeche Sandia Leche baja en grasa |
| August 5, 2024 | August 6, 2024 | August 7, 2024 | August 8, 2024 | August 9, 2024 |
| Manicorto de queso con salsa de carne Espinacas sazonadas Mezcla de verduras sicilianas Pina Galletas Leche baja en grasa | Pollo a la King Galleta de trigo integral Frijoles verdes Ensalada de zanahoria y pasas Frutas tropicales Leche baja en grasa | Ensiladas de pollo con salsa roja Brécol Frijoles Canelina Mitades de albaricoque Leche baja en grasa | Albóndigas agridulces Arroz integral Mezcla de verduras de invierno Escalada de tres frijoles Compota de manzana Leche baja en grasa | Ensalada de pollo del suroeste frijoles, maíz, y lechuga romana Concha de tostada Ensalada de repollo Cántenlo Leche baja en grasa |
| August 12, 2024 | August 13, 2024 | August 14, 2024 | August 15, 2024 | August 16, 2024 |
| Hamburgués Sa de ternera con salsa Patatas asadas Suscititas Mandarinas Galletas Leche baja en grasa | Sándwich de pollo Mezcla de verduras Capri Ensalada de repollo Duraznos Leche baja en grasa | Espaguetis con salsa de carne Verduras de mezcla de California Ensalada romana Peras Leche baja en grasa | Chile de frijoles crancos Galleta de trigo integral Verduras mixtas Calabacín con hierbas Mezcla de frutas Leche baja en grasa | Ensalada de Macarrones de atún Ensalada de zanahoria y pasas Ensalada de guisantes Bombín de melaza Leche baja en grasa |
| August 19, 2024 | August 20, 2024 | August 21, 2024 | August 22, 2024 | August 23, 2024 |
| Cazuela de fideos italianos Brécol Mezcla italiana de verduras Mitades albaricoque Leche baja en grasa | Albóndigas Con tortillas Coliflor Calabaza de verano Frutas tropicales Leche baja en grasa | Chile verde chichen enchiladas Frijoles negros Ensalada de repollo Manzana Muffin de arándanos Leche baja en grasa | Hamburgués Sa de costilla de cerdo Galleta de trigo integral Batatas Coles de Bruselas Naranja Leche baja en grasa | Ensalada de garbanzo Rollo de beat entero Ensalada de zanahoria y pasas Canónigo Sandia Leche baja en grasa |
| August 26, 2024 | August 27, 2024 | August 28, 2024 | August 29, 2024 | August 30, 2024 |
| Pavo con salsas Relleno Zanahorias con alejar Ensalada de tres frijoles Frutas mixtas Leche baja en grasa | Tortilla de queso Galleta de trigo integral patatas asadas tomates guisados Mandarinas Leche baja en grasa | Raviolis con salsa de carne Calabacín con hierbas Ensalada de zanahoria y pasas Pina Galletas de avena Leche baja en grasa | Bocadillo de pescado Frijoles verdes Ensalada de repollo Peras Leche baja en grasa | Ensalada de pollo hawaiano Pan integral Ensalada de guisantes Ensalada romana Melón Leche baja en grasa |

Las reservaciones deben realizarse con al menos tres (3) días hábiles de anticipación.