

October 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
September 30, 2024	October 1, 2024	October 2, 2024	October 3, 2024	October 4, 2024
	Hamburguesa de ternera con salsa Pasta de trigo integral Guisantes y zanahorias Ensalada Romana Taza de Frutas Tropicales Leche	Hamburguesa de costilla de cerdo Rollo de trigo integral Ñames Coles de Bruselas Taza de piña Leche	Verde Chicken Enchiladas Frijoles pintos Brécol Mitades de albaricoque Leche	Ensalada de garbanzos y huevo duro Pan de trigo integral Gajos de tomate Canónigo Naranja fresca Leche
October 7, 2024	October 8, 2024	October 9, 2024	October 10, 2024	October 11, 2024
Manicotti de pavo con salsa de carne Zanahorias perejadas Coliflor Frutas Mixtas Galletas Leche	Hamburguesa de ternera Ensalada de repollo Mezcla de verduras italianas Peras Pan de trigo integral Leche	Tamal de Carne con Salsa Roja Brécol Verduras Capri Compota de manzana Tortilla Leche	Tortilla vegetariana con queso Tomates guisados Cubos de batatas asadas Naranja fresca Pan de trigo integral Leche	Ensalada de pollo al curry Ensalada de zanahoria Ensalada de tres frijoles Piña Pan de trigo integral Leche
October 14, 2024	October 15, 2024	October 16, 2024	October 17, 2024	October 18, 2024
Frijoles con chile vegetarianos Mezcla de verduras de invierno Zanahorias sazonadas Taza de ensalada de frutas tropicales Galleta de trigo integral Leche	Espaguetis de pavo con salsa de carne Brécol Ensalada de tres frijoles Albaricoques Leche	Chicken Enchilada Blanca (Tortilla) Verduras mixtas Brécol Mandarinas Muffin de cumpleaños Leche	Pavo con salsa y relleno Batatas Remolacha en escabeche Piña Galletas Leche	Ensalada del Chef con Pavo, Huevo y Queso Ensalada Green Lover Ensalada de repollo Manzana fresca Rollo de trigo integral Leche
October 21, 2024	October 22, 2024	October 23, 2024	October 24, 2024	October 25, 2024
Pastel de carne con salsa de carne Patata al horno Verduras escandinavas Piña Galletas Leche	Chili Relleno Vegetariano Coliflor Verduras mixtas Frutas Mixtas Tortilla Leche	Sándwich de pollo Ensalada de repollo Succotash Duraznos Leche	Cazuela de fideos italianos de pavo Pasta de trigo integral Coles de Bruselas Zanahorias sazonadas Peras Leche	Ensalada de atún Ensalada de zanahoria Ensalada de tres frijoles Mandarinas Galletas Leche
October 28, 2024	October 29, 2024	October 30, 2024	October 31, 2024	November 1, 2024
Ravioles de queso con salsa de carne de pavo Espinacas sazonadas Verduras italianas Naranja fresca Rollo de trigo integral Leche	Hamburguesa de costilla de cerdo a la barbacoa Batatas Coles de Bruselas Duraznos Arroz integral Leche	Chicken Enchilada Roja (Tortilla) Verduras mixtas Squash de verano Frutas Mixtas Leche	Albondigas con papas y zanahorias Pollo, Pavo, Cerdo Brécol Verduras Capri Mitades de albaricoque Leche	Ensalada asiática de pollo con pasta Canónigo Ensalada de repollo Manzana fresca Leche

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

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	Beef Patty with Gravy Whole Wheat Pasta Peas & Carrots Romaine Salad Tropical Fruit Cup Milk	Pork Rib Patty Whole Wheat Roll Yams Brussels Sprouts Pineapple Cup Milk	Verde Chicken Enchiladas Pinto Beans Broccoli Apricot Halves Milk	Chickpea Salad & Hard Boiled Egg Whole Wheat Bread Tomato Wedges Corn Salad Fresh Orange Milk
October 7, 2024	October 8, 2024	October 9, 2024	October 10, 2024	October 11, 2024
Turkey Manicotti w/Meat Sauce Parslied Carrots Cauliflower Mixed Fruit Graham Crackers Milk	Beef Hamburger Coleslaw Italian Vegetable Blend Pears Whole Wheat Bun Milk	Beef Tamale with Red Sauce Broccoli Capri Vegetables Applesauce Tortilla Milk	Vegetarian Omelette w/Cheese Stewed Tomatoes Roasted Sweet Potatos Cubes Fresh Orange Whole Wheat Bread Milk	Curried Chicken Salad Carrot Salad Three Bean Salad Pineapple Whole Wheat Bread Milk
October 14, 2024	October 15, 2024	October 16, 2024	October 17, 2024	October 18, 2024
Vegetarian Chili Beans Winter Blend Vegetables Seasoned Carrots Tropical Fruit Salad Cup Whole Wheat Biscuit Milk	Turkey Spaghetti with Meat Sauce Broccoli Three Bean Salad Apricots Milk	Chicken Enchilada Blanca (Tortilla) Mixed Vegetables Broccoli Mandarin Oranges Birthday Muffin Milk	Turkey w/Gravy & Stuffing Sweet Potatoes Pickled Beets Pineapple Graham Crackers Milk	Chef Salad w/Turkey, Egg & Cheese Green Pea Salad Coleslaw Fresh Apple Whole Wheat Roll Milk
October 21, 2024	October 22, 2024	October 23, 2024	October 24, 2024	October 25, 2024
Meatloaf with Beef Gravy Baked Potato Scandinavian Vegetables Pineapple Graham Crackers Milk	Vegetarian Chili Relleno Cauliflower Mixed Vegetables Mixed Fruit Tortilla Milk	Chicken Sandwich Coleslaw Succotash Peaches Milk	Turkey Italian Noodle Casserole Whole Wheat Pasta Brussels Sprouts Seasoned Carrots Pears Milk	Tuna Salad Carrot Salad Three Bean Salad Mandarin Oranges Graham Crackers Milk
October 28, 2024	October 29, 2024	October 30, 2024	October 31, 2024	November 1, 2024
Cheese Ravioli w/Turkey Meat Sauce Seasoned Spinach Italian Vegetables Fresh Orange Whole Wheat Roll Milk	BBQ Pork Rib Patty Sweet Potatoes Brussel Sprouts Peaches Brown Rice Milk	Chicken Enchilada Roja (Tortilla) Mixed Vegetables Summer Squash Mixed Fruit Milk	Albondigas w/Potatoes & Carrots Chicken, Turkey, Pork Broccoli Capri Vegetables Apricot Halves Milk	Asian Chicken Salad w/ WW Pasta Corn Salad Coleslaw Fresh Apple Milk

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