

# November 2024

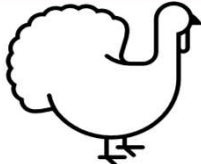


Central Coast Commission for Senior Citizens  
528 South Broadway  
Santa Maria, California 93454

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

[Meals@CentralCoastSeniors.org](mailto:Meals@CentralCoastSeniors.org)

[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 4, 2024</b> Egg White Cheese Omlette Roasted Potatoes Stewed Tomatoes Pineapple Cup Whole Wheat Bread Milk	<b>November 5, 2024</b> Queso Chicken Enchiladas Pinto Beans Corn Mandarin Cup Milk	<b>November 6, 2024</b> Turkey Manicotti with Marinara Italian Blend Vegetable Seasoned Spinach Mixed Fruit Cup Whole Wheat Roll Milk	<b>November 7, 2024</b> Beef Stew California Blend Vegetables Herbed Zucchini Tropical Fruit Salad Whole Wheat Biscuit Milk	<b>November 8, 2024</b> Beef Hamburger Whole Wheat Bun Roasted Sweet Potatoes Coleslaw Fresh Apples Milk
<b>November 11, 2024</b> Closed in observance of Veterans Day. Please call us by November 6 if you would like a frozen meal for this day.	<b>November 12, 2024</b> Chicken Parmesan Mixed Vegetables Brussel Sprouts Applesauce Whole Wheat Pasta Milk	<b>November 13, 2024</b> Swedish Meatballs (chick.turk.beef) Cauliflower Winter Blend Vegetables Mixed Fruit Cup Brown Rice Milk	<b>November 14, 2024</b> Verde Chicken Enchiladas Cannellini Beans Broccoli Diced Peach Cup Milk	<b>November 15, 2024</b> Southwest Chicken Salad Corn Tostada Coleslaw Carrot Salad Orange Milk
<b>November 18, 2024</b> BBQ Pork Rib Patty Sweet Potatoes Peas Pineapple Cup Graham Crackers Milk	<b>November 19, 2024</b> Chicken Alfredo Brussel Sprouts Italian Blend Vegetables Pear Cup Whole Wheat Pasta Milk	<b>November 20, 2024</b> Red Chili with Turkey & Beans Corn Mixed Vegetables Peach Cup Graham Crackers Milk	<b>November 21, 2024</b> Tuna Noodle Casserole Winter Blend Vegetables Seasoned Carrots Mandarin Cup Whole Wheat Pasta Milk	<b>November 22, 2024</b> Chicken Tetrizzini Broccoli Stewed Tomatoes Apricots Whole Wheat Pasta Milk
<b>November 25, 2024</b> Meatballs Marinara (chick,turk,beef) Broccoli Sicilian Blend Vegetables Orange Whole Wheat Spaghetti Milk	<b>November 26, 2024</b> Sloppy Turkey Joes Coleslaw Capri Blend Vegetables Pear Cup Whole Wheat Bun Milk	<b>November 27, 2024</b> Turkey, Gravy & Stuffing Mixed Vegetables Mixed Fruit Cup Dinner Roll Pumpkin Pie Milk	<b>November 28, 2024</b> Closed in observance of Thanksgiving Day. Please call us by November 25 if you would like a frozen meal for this day.	<b>November 29, 2024</b> Closed in observance of Thanksgiving Day. Please call us by November 25 if you would like a frozen meal for this day.
				

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

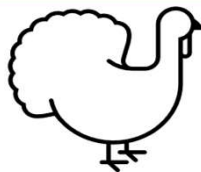
# 2024 Noviembre



Comisión de la Costa Central para la Tercera Edad  
528 South Broadway  
Santa Maria, California 93454

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Lunes	Martes	Miércoles	Jueves	Viernes
<b>November 4, 2024</b> Omlette de queso y clara de huevo Patatas asada Tomates guisados Taza de pina Pan de trigo integral Leche	<b>November 5, 2024</b> Queso Chichen Enchiladas Frijoles Pintos Maíz Taza de Mandarina Leche	<b>November 6, 2024</b> Manicorto de pavo con marinara Mezcla Italiana de Vegetales Espinacas sazonadas Taza de Frutas Mixtas Panecillo de trigo integral Leche	<b>November 7, 2024</b> Befe Se Verduras de mezcla de California Calabacín con Hierbas Ensalada de Frutas Tropicales Galleta de Trigo integral Leche	<b>November 8, 2024</b> Hamburgués Sa de ternera Pan de trigo integral Batatas asadas Ensalada de repollo Manzanas Frescas Leche
<b>November 11, 2024</b> Cerrado en conmemoración del Día de los Veteranos. Llámenos antes del 6 de noviembre si desea una comida congelada para este día.	<b>November 12, 2024</b> Pollo a la parmesana Verduras mixtas Coles de Bruselas Compota de Manzana Pasta de trigo integral Leche	<b>November 13, 2024</b> Albóndigas suecas (chick.turk.beef) Coliflor Mezcla de verduras de invierno Taza de Frutas Mixtas Arroz integral Leche	<b>November 14, 2024</b> Verde Chichen Enchiladas Frijoles Canelina Brécol taza de durazno cortado en cubitos Leche	<b>November 15, 2024</b> Ensalada de pollo del suroeste Maiz Tostada Ensilada de repollo Ensalada de zanahoria Naranja Leche
<b>November 18, 2024</b> BBQ Hamburgués Sa de cerdo Batatas Guisantes Taza de pina Galletas Leche	<b>November 19, 2024</b> Pollo Alfredo Coles de Bruselas Mezcla Italiana de verduras Copa de pera Pasta de trigo integral Leche	<b>November 20, 2024</b> Chile rojo con pavo y frijoles Maíz Verduras Mixtas Taza de durazno Galletas Leche	<b>November 21, 2024</b> Cazuela de fideos de atún Mezcla de verduras de invierno Zanahorias sazonadas Taza de mandarina Pasta de trigo integral Leche	<b>November 22, 2024</b> Tetrazzini de Pollo Brécol Tomates guisados Albaricoques Pasta de trigo integral Leche
<b>November 25, 2024</b> Albóndigas Marinara (chick,turk,beef) Brécol Mezcla siciliana de verduras Naranja Espaguetis de trigo integral Leche	<b>November 26, 2024</b> José de pavo descuidado Ensalada de repollo Capri blenda verduras Copa de pera Pan de trigo integral Leche	<b>November 27, 2024</b> Pavo, Salsa y relleno Verduras Mixtas Taza de Frutas Mixtas Panecillo Pastel de calabaza Leche	<b>November 28, 2024</b> Cerrado en observancia del Día de Acción de Gracias. Por favor, llámenos antes del 25 de noviembre si desea una comida congelada para este día.	<b>November 29, 2024</b> Cerrado en observancia del Día de Acción de Gracias. Por favor, llámenos antes del 25 de noviembre si desea una comida congelada para este día.
				

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