

December 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
December 2, 2024 Omllette with Cheese Stewed Tomatoes Roasted Potatoes Applesauce Whole Wheat Bread Milk	December 3, 2024 Hamburger with Whole Wheat Buns Coleslaw Green Beans Apricots Milk	December 4, 2024 Chicken Enchilada Roja Black Beans Corn Mandarin Oranges Milk	December 5, 2024 Meatloaf with Zesty Tomato Sauce Seasoned Carrots Capri Blend Vegetables Pineapple Tidbits Whole Wheat Dinner Roll Milk	December 6, 2024 Turkey Goulash with Pasta Broccoli Winter Blend Vegetables Fresh Apple Milk
December 9, 2024 Sweet & Sour Meatballs Pickled Beets California Blend Veggies Tropical Fruit Cup Brown Rice Milk	December 10, 2024 White Bean Chili Corn Mixed Vegetables Mixed Fruit Whole Wheat Crackers Milk	December 11, 2024 Turkey Jambalaya with Brown Rice Broccoli Carrot Salad Peaches Milk	December 12, 2024 BBQ Pork Rib Patty Sandwich Sicilian Blend Vegetables Coleslaw Applesauce Milk	December 13, 2024 Hawaiian Chicken Salad Romaine Salad Green Pea Salad Fresh Orange Whole Wheat Dinner Roll Milk
December 16, 2024 Beef Patty with Gravy Peas & Carrots Cauliflower Mixed Fruit Whole Wheat Bread Milk	December 17, 2024 Italian Turkey & Noodle Casserole Brussel Sprouts Corn Apricots Milk	December 18, 2024 Chicken Fried Rice Seasoned Cabbage 4 way Vegetables Peaches Milk Birthday Muffins	December 19, 2024 Enchilada Blanca Pinto Beans Corn Salad Mandarin Oranges Milk	December 20, 2024 Fish Sandwich on Whole Wheat Bun Coleslaw Winter Blend Vegetables Peaches Milk
December 23, 2024 Turkey Spaghetti with Meat Sauce Sicilian Blend Vegetables Broccoli Applesauce Milk	December 24, 2024 Roast Pork with Gravy Sweet Potatoes Seasoned Spinach Pineapple Whole Wheat Roll Milk	December 25, 2024 Closed in observance of the Holidays. If you need a frozen meal, please give us a call, or talk to your Site Host.	December 26, 2024 Closed for Staff Training. If you need a meal, please give us a call or talk to your Site Host.	December 27, 2024 Closed for Staff Training. If you need a meal, please give us a call or talk to your Site Host.
December 30, 2024 Closed for Staff Training. If you need a meal, please give us a call or talk to your Site Host.	December 31, 2024 Turkey, Stuffing & Gravy Mixed Vegetables Coleslaw Mixed Fruit Cup Graham Crackers Milk	January 1, 2025 Closed in observance of the Holidays. If you need a frozen meal, please give us a call, or talk to your Site Host.	January 2, 2025 Chicken a la King Green Beans Seasoned Spinach Pineapple Tidbits Oatmeal Cookie Milk	January 3, 2025 Tuna Noodle Casserole Broccoli Italian Blend Vegetables Apricots Milk

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

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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
December 2, 2024 Omlette con Queso Tomates Guisados Patatas asadas Compota de manzana Pan de trio integral Leche	December 3, 2024 Hamburgués con panecillos integrales Ensalada de repollo Judías verdes Albaricoques Leche	December 4, 2024 Chichen Enchilada Roja Frijoles negros Maíz Mandarinas Leche	December 5, 2024 Pastel de carne con salsa de tomate Zanahorias sazonadas Capri Blenda Verduras Cositas de pina Panecillo de trigo integral Leche	December 6, 2024 Goulash de pavo con pasta Brécol Mezcla de verduras de invierno Manzana fresca Leche
December 9, 2024 Albóndigas agridulces Remolacha en escabeche Mezcla de verduras de California Taza de frutas tropicales Arroz integral Leche	December 10, 2024 Chile de frijol blanco Maíz Verduras mixtas Frutas mixtas Galletas de trigo integral Leche	December 11, 2024 Jambalaya de pavo con arroz integral Brécol Ensalada de zanahoria Duraznos Leche	December 12, 2024 Sándwich de hamburgués a de costilla de cerdo a la barbacoa Mezcla siciliana de verduras Ensalada de repollo Compota de manzana Leche	December 13, 2024 Ensalada de pollo hawaiano Ensalada Romana Ensalada Green Llover Naranja fresca Panecillo de trigo integral Leche
December 16, 2024 Hamburgués Sa de ternera con salsa Guisantes y zanahorias Coliflor Frutas Mixtas Pan de trigo integral Leche	December 17, 2024 Cazuela italiana de pavo y fideos Coles de Bruselas Maíz Albaricoques Leche	December 18, 2024 Arroz frito con pollo Repollo sazonado Verduras de 4 vías Duraznos Leche Muffins de cumpleaños	December 19, 2024 Enchilada Blanca Frijoles pintos Canónigo Mandarinas Leche Ultimo día para pedir comidas congeladas	December 20, 2024 Sándwich de pescado en panecillo de trigo integral Ensalada de repollo Mezcla de verduras de invierno Duraznos Leche
December 23, 2024 Espaguetis de pavo con salsa de carne Mezcla siciliana de verduras Brécol Compota de manzana Leche	December 24, 2024 Cerrado asado con salsa Batatas Espinacas sazonadas Pina Panecillo de trigo integral Leche	December 25, 2024 Cerrado en observancia de las fiestas. Si necesita una comida congelada, llámenos o hable con su anfitrión del sitio.	December 26, 2024 Cerrado por formación de personal. Si necesita una comida, llamen o hable con su anfitrión del sitio.	December 27, 2024 Cerrado por formación de personal. Si necesita una comida, llamen o hable con su anfitrión del sitio.
December 30, 2024 Cerrado por formación de personal. Si necesita una comida, llamen o hable con su anfitrión del sitio.	December 31, 2024 Pavo, relleno y salsa Verduras mixtas Ensalada de repollo Taza de frutas mixtas Galletas Leche	January 1, 2025 Cerrado en observancia de las fiestas. Si necesita una comida congelada, llámenos o hable con su anfitrión del sitio.	January 2, 2025 Pollo a la King Judías verdes Espinacas sazonadas Cositas de pina Galleta de avena Leche	January 3, 2025 Cazuela de fideos de atún Brécol Mezcla italiana de verduras Albaricoques Leche

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