

January 2025



Area Agency on Aging (PSA 17)
 Central Coast Commission for Senior Citizens
 528 South Broadway
 Santa Maria, California 93454

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

Meals@CentralCoastSeniors.org

www.centralcoastseniors.org

Monday	Tuesday	Wednesday	Thursday	Friday
		January 1, 2025	January 2, 2025	January 3, 2025
		Closed in observance of New Years Day	Chicken a la King Green Beans Seasoned Spinach Pineapple Tidbits Oatmeal Cookie Milk	Tuna Noodle Casserole Broccoli Italian Blend Vegetables Apricots Milk
January 6, 2025	January 7, 2025	January 8, 2025	January 9, 2025	January 10, 2025
Chicken Enchiladas with Red Sauce Cauliflower Cannellini Beans Applesauce Milk	Beef Hamburgers Winter Blend Vegetables Coleslaw Pineapple Milk	Turkey, Gravy & Stuffing Whole Wheat Roll Mixed Vegetables Carrot Raisin Salad Mixed Fruit Milk	Meatloaf Whole Wheat Roll Baked Potato California Blend Vegetables Banana Milk	Chinese Chicken Salad Carrot Raisin Salad Three Bean Salad Mixed Fruit Milk
January 13, 2025	January 14, 2025	January 15, 2025	January 16, 2025	January 17, 2025
Cheese Ravioli with Meat Sauce Capri Blend Vegetables Seasoned Spinach Pineapple Milk	Egg White Omlette with Cheese Whole Wheat Bread Roasted Potatoes Stewed Tomatoes Apricot Halves Milk	Albondigas Corn Tortilla California Blend Vegetables Green Beans Tropical Fruit Milk	Spaghetti with Meat Sauce Cauliflower Pickled Beets Applesauce Milk	Breaded Haddock Brown Rice Broccoli Coleslaw Apple Milk
January 20, 2025	January 21, 2025	January 22, 2025	January 23, 2025	January 24, 2025
Closed in observance of Martin Luther King Jr Day. If you need a frozen meal, please call us at the office no later than 1/14/2025	Chili Verde Enchiladas Cauliflower Parslied Carrots Orange Banana Nut Muffin Milk	Hot Chicken Sandwich Succotash Coleslaw Banana Milk	Hamburger Stroganoff Brown Rice Broccoli Three Bean Salad Pineapple Milk	Beef Tamale with Red Sauce Graham Crackers Capri Blend Vegetables Broccoli Apple Milk
January 27, 2025	January 28, 2025	January 29, 2025	January 30, 2025	January 31, 2025
Chili with Beef Stoneground Crackers Winter Blend Vegetables White Sweet Corn Peaches Milk	Pork Rib Patty Graham Crackers Roasted Sweet Potatoes Brussel Sprouts Tropical Fruit Milk	Sweet & Sour Meatballs Brown Rice Broccoli Peas & Carrots Apricot Halves Milk	Cheese Manicotti with Meat Sauce California Blend Vegetables Summer Squash Banana Milk	Tuna Salad Whole Wheat Bread Carrot Raisin Salad Three Bean Salad Pineapple Milk

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

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Monday	Tuesday	Wednesday	Thursday	Friday
		January 1, 2025	January 2, 2025	January 3, 2025
		Cerrado en observancia del día de Año Nuevo	Pollo a al King Judías Verdes Espinacas sazonadas Cositas de Pina Galleta de avena Leche	Cazuela de fideos de atún Brécol Mezcla Italiana de verduras Albaricoque Leche
January 6, 2025	January 7, 2025	January 8, 2025	January 9, 2025	January 10, 2025
Enchiladas de Pollo con Salsa Roja Coliflor Canelina frijoles Compota de manzana Leche	Hamburgués sus de ternera Mezcla de verduras de invierno Ensalada de repollo Pina Leche	Pavo, salsa y relleno Panecillo de trigo integral Verduras mixtas Ensalada de zanahoria y pasas Frutas mixtas Leche	Pastel de carne Panecillo de trigo integral Patata al horno Verduras de mezcla de California Plátano Leche	Ensalada de pollo chino Ensalada de zanahoria y pasas Ensalada de tres frijoles Frutas Mixtas Leche
January 13, 2025	January 14, 2025	January 15, 2025	January 16, 2025	January 17, 2025
Raviolis de queso con salsa de carne Capri blenda verduras Espinacas sazonadas Pina Leche	Tortilla de clara de huevo con queso Pan de trigo integral Patatas asada Tomates guisados Mitades de albaricoque Leche	Albóndigas Tortilla de maíz Verduras de mezcla de California Judías verdes Futas tropicales Leche	Espaguetis con salsa de carne Coliflor Remolacha in escabeche Compota de manzana Leche	Eglefino empanizado Arroz integral Brécol Ensalada de repollo Manzana Leche
January 20, 2025	January 21, 2025	January 22, 2025	January 23, 2025	January 24, 2025
Cerrado en conmemoración del Día de Martin Luther King Jr. Si necesita una comida congelada, lamentos a la oficina a mas tardar el 1/14/2025	Enchiladas de chile verde Coliflor Zanahorias con alejar Naranja Muffin de plátano y nueces Leche	Sándwich de pollo caliente Suscitás Ensalada de repollo Plátano Leche	Hamburgués Sa stroganoff Arroz integral Brécol Ensalada de tres frijoles Pina Leche	Tamal de carne de res con salsa roja Galleta Capri blenda verduras Brécol Manzana Leche
January 27, 2025	January 28, 2025	January 29, 2025	January 30, 2025	January 31, 2025
Chile con carne de res Galletas molidas a la piedra Mezcla de verduras de invierno Maíz dulce blanco Duraznos Leche	hamburgués Sa de costilla de cerdo Galletas Batatas asadas Coles de Bruselas Frutas Tropicales Leche	Albóndigas agridulces Arroz integral Brécol Guisantes y zanahorias Mitades de albaricoque Leche	Manicotti de queso con salsa de carne Verduras de mezcla de California Calabaza de verano Plátano Leche	Ensalada de atún Pan de trigo integral Ensalada de zanahoria y pasas Ensalada de tres frijoles Pina Leche

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