

# August 2025



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
<b>August 1, 2025</b>				
<b>Closed Monday 9/1/25 in observance of Labor Day</b>				
<b>If you need a frozen meal, please call the office by 8/25/25</b>				
<b>August 1, 2025</b>				
Chef Salad Bowl w/Turkey, Egg & Cheese Romaine Lettuce Whole Wheat Roll Green Pea Salad Pineapple Tidbits Milk				
<b>August 4, 2025</b>				
Pollock Fish Sandwich Whole Wheat Bun Winter Blend Vegetables Roasted Potatoes Apple Milk				
<b>August 5, 2025</b>				
Meat Loaf w/Brown Gravy Whole Wheat Bread Chuckwagon Corn Peas Orange Milk				
<b>August 6, 2025</b>				
Cheese Ravioli w/Meat Sauce Cauliflower Green Beans Apricots Crackers Milk				
<b>August 7, 2025</b>				
Chicken Enchilada w/Red Sauce Broccoli Corn Cantaloupe Crackers Milk				
<b>August 8, 2025</b>				
Chicken Curry Salad Romaine Lettuce Coleslaw Watermelon Whole Wheat Crackers Milk				
<b>August 11, 2025</b>				
Chili Beans w/Turkey Meat Whole Wheat Roll California Blend Vegetables Corn Honeydew Melon Milk				
<b>August 12, 2025</b>				
Lemon Chicken Bowl Brown Rice Broccoli Slaw Parslied Carrots Mixed Fruit Cup Milk				
<b>August 13, 2025</b>				
Burrito Bowl w/Tomatoes, Cheese, Salsa, Tostada, Lettuce Bean Blend Fire Roasted Vegetables Diced Peaches Milk				
<b>August 14, 2025</b>				
Beef Stroganoff Whole Wheat Pasta Peas Carrot Raisin Salad Strawberries Milk				
<b>August 15, 2025</b>				
Southwest Chicken Salad w/ Beans, Corn & Romaine Tostada Corn Salad Orange Milk				
<b>August 18, 2025</b>				
Hamburger w/Fixins Whole Wheat Bun Roasted Potatoes Coleslaw Banana Milk				
<b>August 19, 2025</b>				
Beef Tamale w/Green Sauce Pinto Beans Green Beans Cantaloupe Banana Nut Muffin Milk				
<b>August 20, 2025</b>				
Pork Rib Patty Whole Wheat Biscuit Brussel Sprouts Sweet Potatoes Pineapple Tidbits Milk				
<b>August 21, 2025</b>				
Chicken Fajita Bowl w/Corn Tostada & Brown Rice Black Beans Chuckwagon Corn Honeydew Melon Milk				
<b>August 22, 2025</b>				
Chickpea Salad Three Bean Salad Broccoli Slaw Watermelon Whole Wheat Roll Milk				
<b>August 25, 2025</b>				
Turkey Goulash Whole Wheat Pasta Cauliflower Spinach Apple Milk				
<b>August 26, 2025</b>				
Shepherd's Pie Bowl w/Mashed Potatoes & Cheese Whole Wheat Biscuit 4-Way Blend Vegetables Mixed Fruit Cup Milk				
<b>August 27, 2025</b>				
White Chicken Chili Whole Wheat Roll Tuscany Blend Vegetables Corn Strawberries Milk				
<b>August 28, 2025</b>				
Swedish Meatballs Brown Rice Spinach Three Bean Salad Orange Milk				
<b>August 29, 2025</b>				
Beefy Taco Salad Corn Tostada Romaine Lettuce Corn Salad Apricots Milk				

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