



March 2025



Central Coast Commission
for
Senior Citizens
Senior Nutrition
PROGRAM

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
March 3, 2025	March 4, 2025	March 5, 2025	March 6, 2025	March 7, 2025
Italian Noodle Casserole Whole Wheat Pasta Italian Blend Vegetables Broccoli Mixed Fruit Milk	Cheese Omelette Whole Wheat Bread Stewed Tomatoes Roasted Potatoes Fresh Orange Milk	Albondigas Corn Tortilla Winter Blend Vegetables Yellow Squash Diced Peaches Milk	Beef Tamale w/Verde Sauce Graham Crackers Sweet White Corn Broccoli Fresh Apple Milk	Breaded Pollock Brown Rice Brussel Sprouts Capri Blend Vegetables Pineapple Tidbits Milk
March 10, 2025	March 11, 2025	March 12, 2025	March 13, 2025	March 14, 2025
Turkey Jambalaya Brown Rice Green Beans Seasoned Spinach Mixed Fruit Milk	Cheese Ravioli w/ Chicken Alfredo Sauce Whole Wheat Pasta Green Peas Romaine Salad Pineapple Tidbits Milk	Chicken Enchilada w/Red Sauce Corn Tortilla Broccoli Parslied carrots Mandarin Orange Cup Milk	Meatloaf with Gravy Whole Wheat Dinner Roll Cauliflower Capri Blend Vegetables Fresh Apple Milk	Tuna Macaroni Salad Whole Wheat Pasta Three Bean Salad Coleslaw Fresh Orange Milk
March 17, 2025	March 18, 2025	March 19, 2025	March 20, 2025	March 21, 2025
Chicken a la King Whole Wheat Biscuit Sicilian Blend Vegetables Brussel Sprouts Diced Peaches Milk	Beef Tamale w/Red Sauce Whole Grain Crackers Broccoli Chuckwagon Corn Fresh Orange Milk	Hamburgers on Whole Wheat Bun 4-Way Blend Vegetables Seasoned Spinach Mixed Fruit Milk	Sweet & Sour Meatballs Brown Rice Carrot Salad Green Beans Pineapple Tidbits Milk	Chili Beans (no meat) Banana Nut Muffin Chuckwagon Corn Capri Blend Vegetables Fresh Apple Milk
March 24, 2025	March 25, 2025	March 26, 2025	March 27, 2025	March 28, 2025
Chicken Verde Enchilada Corn Tortilla Three Bean Salad Scandinavian Blend Vegetables Fresh Orange Milk	BBQ Chicken Sandwich Whole Wheat Bun Seasoned Spinach Peas & Carrots Fresh Apple Milk	Cheese Manicotti w/Meat Sauce Whole Wheat Pasta Italian Blend Vegetables Broccoli Diced Peaches Milk	Turkey w/Gravy & Stuffing Whole Wheat Dinner Roll Cauliflower Yellow Squash Mandarin Orange Cup Milk	Chickpea Salad w/Egg (no meat) Graham Crackers Carrot Raisin Salad Pickled Beets Pineapple Tidbits Milk
March 31, 2025	April 1, 2025	April 2, 2025	April 3, 2025	April 4, 2025
Chili Beans w/Turkey, Beef Whole Wheat Biscuit Chuckwagon Corn California Blend Vegetables Pineapple Tidbits Milk	Turkey Goulash Whole Wheat Pasta Seasoned Spinach Green Beans Fresh Apple Milk	Pork Rib Patty w/BBQ Sauce Whole Wheat Bun Tuscany Blend Vegetables Roasted Sweet Potatoes Mandarin Orange Cup Milk	Spaghetti w/Meatballs (no pork) Whole Wheat Pasta Carrot Raisin Salad Cauliflower Diced Peaches Milk	Tuna Salad Whole Wheat Bread Coleslaw Three Bean Salad Fresh Orange Milk

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