

April 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
	April 1, 2025 Turkey Goulash Whole Wheat Pasta Seasoned Spinach Green Beans Fresh Apple Milk	April 2, 2025 Pork Rib Patty w/BBQ Sauce Whole Wheat Bun Tuscany Blend Vegetables Roasted Sweet Potatoes Mandarin Orange Cup Milk	April 3, 2025 Spaghetti w/Meatballs (no pork) Whole Wheat Pasta Carrot Raisin Salad Cauliflower Diced Peaches Milk	April 4, 2025 Tuna Salad Whole Wheat Bread Coleslaw Three Bean Salad Fresh Orange Milk
	April 7, 2025 Albondigas Corn Tortilla Winter Blend Vegetables California Blend Vegetables Mandarin Orange Cup Milk	April 8, 2025 Turkey Jambalaya Brown Rice Chuckwagon Corn Herbed Zucchini Fresh Apple Milk	April 9, 2025 Chicken Stew Whole Wheat Biscuit Parslied Carrots Coleslaw Fresh Orange Milk	April 10, 2025 Hamburger Stroganoff Whole Wheat Pasta Broccoli Tuscany Blend Vegetables Pineapple Tidbits Milk
April 14, 2025 Beef Tamale w/Verde Sauce Corn Tortilla Corn Seasoned Squash Pineapple Tidbits Milk	April 15, 2025 Cheese Ravioli w/Chicken Alfredo Sauce Crackers Italian Blend Vegetables Broccoli Fresh Apple Milk	April 16, 2025 Meatball Sub w/Marinara Sauce Whole Wheat Bun Corn Green Beans Mandarin Orange Cup Milk	April 17, 2025 Chicken Enchilada w/Blanca Sauce Parslied Carrots Pinto Beans Fresh Orange Milk	April 18, 2025 Chickpea Salad Romaine Salad Broccoli Slaw Pineapple Tidbits Banana Nut Muffin Milk
April 21, 2025 Sloppy Joes w/Beef Whole Wheat Bun Carrot Raisin Salad Cauliflower Banana Milk	April 22, 2025 Chili Beans w/Turkey, Beef Whole Wheat Biscuit Brussel Sprouts Yellow Squash Tropical Fruit Cup Milk	April 23, 2025 Pork Rib Patty w/BBQ Sauce Roasted Potatoes California Blend Vegetables Graham Crackers Pineapple Tidbits Milk	April 24, 2025 Cheese Manicotti w/Meat Sauce Scandinavian Vegetables Herbed Zucchini Fresh Apple Milk	April 25, 2025 Hawaiian Chicken Salad Romaine Salad Broccoli Slaw Whole Wheat Crackers Fresh Watermelon Milk
April 28, 2025 Seasoned White Beans Whole Wheat Biscuit Sweet Potatoes Stewed Tomatoes Banana Milk	April 29, 2025 Italian Noodle Casserole Seasoned Spinach Broccoli Mixed Fruit Cup Milk	April 30, 2025 Beef Tamale w/Red Sauce Corn Tortilla Chuckwagon Corn Sicilian Blend Vegetables Fresh Apple Milk	May 1, 2025 Hamburger w/Fixins Whole Wheat Bun Roasted Potatoes Green Beans Mandarin Orange Cup Milk	May 2, 2025 Southwest Chicken Salad Whole Wheat Roll Carrot Raisin Salad Coleslaw Applesauce Cup Milk

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

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Monday	Tuesday	Wednesday	Thursday	Friday
	April 1, 2025 Gulash de pavo Pasta integral Espinacas sazonadas Judías verdes Manzana fresca Leche	April 2, 2025 Hamburguesa de costilla de cerdo con salsa barbaoca Pan integral Mezcla de verduras toscanas Boniatos asados Taza de mandarina Leche	April 3, 2025 Espaguetis con albóndigas (sin cerdo) Pasta integral Ensalada de zanahoria y pasas Coliflor Duraznos en cubos Leche	April 4, 2025 Ensalada de atún Pan integral Ensalada de col Ensalada de tres frijoles Naranja fresca Leche
	April 7, 2025 Albóndigas Tortilla de maíz Vegetales de invierno Vegetales de California Vaso de mandarina Leche	April 8, 2025 Jambalaya de pavo Arroz integral Maíz de carreta Calabacín con hierbas Manzana fresca Leche	April 9, 2025 Estofado de pollo Galleta integral Zanahorias con perejil Ensalada de col Naranja fresca Leche	April 10, 2025 Hamburguesa Stroganoff Pasta integral Brócoli Mezcla de verduras toscanas Trozos de piña Leche
April 14, 2025 Tamal de Res con Salsa Verde Tortilla de Maíz Maíz Calabaza Sazonada Tortillas de Piña Leche	April 15, 2025 Raviolos de queso con salsa Alfredo de pollo Galletas saladas Mezcla de verduras italianas Brócoli Manzana fresca Leche	April 16, 2025 Sándwich de albóndigas con salsa marinara Pan integral Maíz Ejotes Taza de mandarina Leche	April 17, 2025 Enchilada de pollo con salsa blanca Zanahorias con perejil Frijoles pintos Naranja fresca Leche	April 18, 2025 Ensalada de garbanzos Ensalada de lechuga romana Ensalada de brócoli Trozos de piña Muffin de plátano y nueces Leche
April 21, 2025 Sloppy Joes con/Carne Pan integral Ensalada de zanahoria y pasas Coliflor Plátano Leche	April 22, 2025 Frijoles con chile, pavo y carne Galleta integral Coles de Bruselas Calabaza amarilla Taza de frutas tropicales Leche	April 23, 2025 Hamburguesa de costilla de cerdo con salsa barbaoca Papas asadas Vegetales californianos Galletas Graham Trozos de piña Leche	April 24, 2025 Manicotti de queso con salsa de carne Verduras escandinavas Calabacín con hierbas Manzana fresca Leche	April 25, 2025 Ensalada hawaiana de pollo Ensalada de lechuga romana Ensalada de brócoli Galletas integrales Sandía fresca Leche
April 28, 2025 Frijoles blancos sazonados Galleta integral Boniatos Tomates guisados Plátanos Leche	April 29, 2025 Cazuela de fideos italianos Espinacas sazonadas Brócoli Taza de frutas variadas Leche	April 30, 2025 Tamal de Res con Salsa Roja Tortilla de Maíz Maíz Chuckwagon Mezcla de Vegetales Sicilianos Manzana Fresca Leche	May 1, 2025 Hamburguesa con aderezos Pan integral Papas asadas Judías verdes Taza de mandarina Leche	May 2, 2025 Ensalada de pollo estilo suroeste Panecillo integral Ensalada de zanahoria y pasas Ensalada de col Taza de puré de manzana Leche

Las reservaciones deben realizarse con al menos tres dias habiles de anticipacion