

June 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
June 2, 2025 Beef Tamale w/Red Sauce Whole Grain Crackers Summer Squash Chuckwagon Corn Fresh Orange Milk	June 3, 2025 Meatloaf w/Gravy Whole Wheat Roll Scandinavian Blend Vegetables Broccoli Fresh Cantaloupe Milk	June 4, 2025 Tuna Noodle Casserole Whole Wheat Pasta Green Beans Parslied Carrots Pineapple Tidbits Milk	June 5, 2025 Chicken Teriyaki Brown Rice Zucchini White Corn Mandarin Orange Cup Milk	June 6, 2025 Hamburger w/Fixins Whole Wheat Bun Roasted Potatoes Broccoli Mixed Fruit Cup Milk
June 9, 2025 Chicken Fried Rice Whole Wheat Roll Broccoli Slaw Mandarin Orange Cup Milk	June 10, 2025 Pollock Fish Fillet Brown Rice Winter Blend Vegetables Cole Slaw Fresh Apple Milk	June 11, 2025 Cheese Manicotti w/Meat Sauce 4 Way Vegetable Blend White Corn Fresh Orange Milk	June 12, 2025 Sweet & Sour Meatballs Brown Rice Mandarin Blend Vegetables Cauliflower Diced Peaches Milk	June 13, 2025 Southwest Chicken Salad Tostada Carrot Raisin Salad Fresh Honeydew Milk
June 16, 2025 Omelette w/Cheese Whole Wheat Biscuit Roasted Potatoes Stewed Tomatoes Banana Milk	June 17, 2025 Turkey Goulash Whole Wheat Pasta Spinach Cauliflower Dice Peaches Milk	June 18, 2025 BBQ Chicken on WW Bun Coleslaw White Corn Fresh Orange Banana Nut Muffin Milk	June 19, 2025 Chili Beans Whole Wheat Roll Brussel Sprouts Summer Squash Fresh Apple Milk	June 20, 2025 Turkey w/Gravy & Stuffing Whole Wheat Roll Broccoli Three Bean Salad Mixed Fruit Cup Milk
June 23, 2025 Spaghetti & Meatballs Whole Wheat Pasta Italian Blend Vegetables Romaine Salad Fresh Watermelon Milk	June 24, 2025 Asian Chicken Salad Whole Wheat Noodles Parslied Carrots Spinach Mandarin Orange Cup Milk	June 25, 2025 Jambalaya Brown Rice Chuckwagon Corn Zucchini Fresh Apple Milk	June 26, 2025 Chickpea Salad Whole Wheat Roll Broccoli Slaw Three Bean Salad Pineapple Tidbits Milk	June 27, 2025 Taco Salad Tostada Romaine Salad Corn Salad Fresh Apple Milk
June 30, 2025 Hamburger w/Fixins Whole Wheat Bun Roasted Potatoes Peas & Carrots Banana Milk	July 1, 2025 Chicken Chow Mein Whole Wheat Noodles Tuscany Blended Vegetables White Corn Mixed Fruit Cup Milk	July 2, 2025 Meatloaf w/Tomato Topping Whole Wheat Roll Parslied Carrots Cauliflower Diced Peaches Milk	July 3, 2025 Beef Tamale w/Verde Sauce Summer Squash Chuckwagon Corn Graham Crackers Fresh Orange Milk	July 4, 2025 Closed in observance of Independence Day If you need a frozen meal, please call the office by 6/30/25

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