

May 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 |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| | | | May 1, 2025 | May 2, 2025 |
|  | | | Hamburger w/Fixins Whole Wheat Bun Roasted Potatoes Green Beans Mandarin Orange Cup Milk | Southwest Chicken Salad Whole Wheat Roll Carrot Raisin Salad Coleslaw Applesauce Cup Milk |
| May 5, 2025 | May 6, 2025 | May 7, 2025 | May 8, 2025 | May 9, 2025 |
| Chicken Parmesan Patty Whole Wheat Bread Summer Squash Brussel Sprouts Diced Peaches Milk | Sweet & Sour Meatballs Brown Rice Broccoli Mandarin Blend Vegetables Fresh Honeydew Milk | Meatloaf w/Gravy Whole Wheat Roll Cauliflower Sweet Potatoes Diced Peaches Milk | Chicken Teriyaki Brown Rice Three Bean Salad Seasoned Spinach Mandarin Orange Cup Milk | Chickpea Salad w/Egg Whole Wheat Roll Romaine Salad Chuckwagon Corn Fresh Apple Milk |
| May 12, 2025 | May 13, 2025 | May 14, 2025 | May 15, 2025 | May 16, 2025 |
| Chicken Chow Mein Whole Wheat Noodles Corn Seasoned Spinach Pineapple Tidbits Milk | Pollock Fish Patty Brown Rice Winter Blend Vegetables Coleslaw Fresh Watermelon Milk | Spaghetti & Meatballs Whole Wheat Spaghetti Italian Blend Vegetables Broccoli Fresh Apple Milk | Turkey w/Gravy & Mashed Potatoes Whole Wheat Bread Peas & Parslied Carrots Banana Banana Nut Muffin Milk | Beef Stroganoff Whole Wheat Pasta Romaine Salad Green Pea Salad Fresh Orange Milk |
| May 19, 2025 | May 20, 2025 | May 21, 2025 | May 22, 2025 | May 23, 2025 |
| Chicken Stew Whole Wheat Biscuit Broccoli Slaw Parslied Carrots Fresh Cantaloupe Milk | Swedish Meatballs Brown Rice Seasoned Spinach Sicilian Vegetables Mixed Fruit Cup Milk | Beef Tamale w/Verde Sauce Corn Tortilla Chuckwagon Corn & Cauliflower Fresh Apple Banana Nut Muffin Milk | Italian Noodle Casserole Brussel Sprouts 4 Way Vegetable Blend Banana Milk | Beef Taco Salad Tostada Mixed Green Salad Corn Salad Fresh Orange Milk |
| May 26, 2025 | May 27, 2025 | May 28, 2025 | May 29, 2025 | May 30, 2025 |
| Closed in observance of Memorial Day If you need a frozen meal, please call the office by 5/20/25 | BBQ Pork Rib Patty Graham Crackers Roasted Potatoes California Blend Vegetables Fresh Orange Milk | Chili w/Beans Whole Wheat Biscuit Brussel Sprouts Summer Squash Fresh Apple Milk | Lemon Chicken Brown Rice Broccoli Green Beans Fresh Watermelon Milk | Chickpea Salad w/Egg Whole Wheat Roll Carrot Raisin Salad Pickled Beets Mixed Fruit Cup Milk |

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

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|  | | | 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 |
| May 5, 2025 Hamburguesa de pollo a la parmesana Pan integral Calabacín de verano Coles de Bruselas Melocotones en cubos Leche | May 6, 2025 Albóndigas agridulces Arroz integral Brócoli Mezcla de mandarinas Melón verde fresco Leche | May 7, 2025 Pastel de carne con salsa Panecillo integral Coliflor Boniatos Melocotones en cubos Leche | May 8, 2025 Pollo Teriyaki Arroz Integral Ensalada de Frijoles Espinacas Sazonadas Taza de Mandarina Leche | May 9, 2025 Ensalada de garbanzos con huevo Panecillo integral Ensalada de lechuga romana Maíz encurtido Manzana fresca Leche |
| May 12, 2025 Chow mein de pollo Fideos integrales Maíz Espinacas sazonadas Trozos de piña Leche | May 13, 2025 Tortita de abadejo Arroz integral Mezcla de verduras de invierno Ensalada de col Sandía fresca Leche | May 14, 2025 Espaguetis con albóndigas Espaguetis integrales Mezcla de verduras italianas Brócoli Manzana fresca Leche | May 15, 2025 Pavo con salsa y puré de papas Pan integral Guisantes y zanahorias con perejil Plátano Muffin de plátano y nueces Leche | May 16, 2025 Stroganoff de res Pasta integral Ensalada de lechuga romana Ensalada de guisantes Naranja fresca Leche |
| May 19, 2025 Estofado de pollo Galleta integral Ensalada de col con brócoli Zanahorias con perejil Melón fresco Leche | May 20, 2025 Albóndigas suecas Arroz integral Espinacas sazonadas Verduras sicilianas Taza de frutas variadas Leche | May 21, 2025 Tamal de Res con Salsa Verde Tortilla de Maíz Elote y Coliflor Chuckwagon Manzana Fresca Muffin de Plátano y Nueces Leche | May 22, 2025 Cazuela de fideos italiana Coles de Bruselas Mezcla de verduras de 4 tipos Plátano Leche | May 23, 2025 Ensalada de taco de res Tostada Ensalada mixta verde Ensalada de maíz Naranja fresca Leche |
| May 26, 2025 Cerrado en conmemoración del Día de los Caídos Si necesita una comida congelada, por favor llame a la oficina antes del 5/20/25 | May 27, 2025 Hamburguesa de costilla de cerdo a la barbaoca Galletas Graham Papas asadas Vegetales californianos Naranja fresca Leche | May 28, 2025 Chili con frijoles Galleta integral Coles de Bruselas Calabacín de verano Manzana fresca Leche | May 29, 2025 Pollo al limón Arroz integral Brócoli Judías verdes Sandía fresca Leche | May 30, 2025 Ensalada de garbanzos con huevo Panecillo integral Ensalada de zanahoria y pasas Remolacha encurtida Taza de frutas variadas Leche |

Las reservaciones deben realizarse con al menos tres días hábiles de anticipación