

# February 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](mailto:Meals@CentralCoastSeniors.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 3, 2025</b> Chicken Alfredo Whole wheat pasta Italian blend vegetables Coleslaw Fresh apples Milk	<b>February 4, 2025</b> Beef tamale with verde sauce Graham crackers Capri blend vegetables White sweet corn Fresh Orange Milk	<b>February 5, 2025</b> Hamburgers on Whole Wheat Bun Brussel Sprouts Tuscany blend vegetables Applesauce Milk	<b>February 6, 2025</b> Tuna Noodle Casserole Cauliflower Seasoned spinach Mixed fruit Milk	<b>February 7, 2025</b> Cheese Ravioli with Meat Sauce Yellow squash Broccoli Apricot halves Milk
<b>February 10, 2025</b> Cheese Omlette Whole wheat bread Stewed tomatoes Roasted potatoes Fresh orange Milk	<b>February 11, 2025</b> Sweet & Sour Meatballs (no pork) Brown rice Mandarin blend vegetables Coleslaw Fresh Apple Milk	<b>February 12, 2025</b> Chicken Enchiladas with Red Sauce Pinto beans Cauliflower Tropical fruit Milk	<b>February 13, 2025</b> Chickpea and turkey casserole with brown rice Winter blend vegetables Peas Pineapple cup Milk	<b>February 14, 2025</b> Tuna macaroni salad Whole wheat pasta Carrot salad Three bean salad Mandarin cup Milk
<b>February 17, 2025</b> White bean chili Stoneground wheat crackers Romaine with balsamic vinaigrette White sweet corn Pineapple cups Milk	<b>February 18, 2025</b> Pork rib patty Whole wheat biscuit Sweet potatoes Brussel sprouts Fresh apple Milk	<b>February 19, 2025</b> Sloppy Joe's (turkey & beef) Whole wheat bun Scandinavian vegetables Broccoli Diced peaches Milk	<b>February 20, 2025</b> Beef tamale with red sauce Banana nut muffin White sweet corn Cauliflower Apricot halves Milk	<b>February 21, 2025</b> Chinese chicken casserole 4 way vegetable blend Coleslaw Mixed fruit Milk
<b>February 24, 2025</b> Chili verde chicken enchiladas Chuckwagon corn California blend vegetables Diced peaches Milk	<b>February 25, 2025</b> Sweet & Sour Meatballs (no pork) Brown rice Green beans Pea Salad Fresh orange Milk	<b>February 26, 2025</b> Chili beans with beef Stoneground crackers California blend vegetables White sweet corn Mixed fruit Milk	<b>February 27, 2025</b> Spaghetti with Meatballs (no pork) Marinara sauce Seasoned spinach Carrot raisin salad Fresh orange Milk	<b>February 28, 2025</b> Beefy taco salad Corn tostada Romaine salad White sweet corn Mandarin cup Milk
				

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


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Monday	Tuesday	Wednesday	Thursday	Friday
<b>February 3, 2025</b> Pollo Alfredo Pasta integral Mezcla italiana de verduras Ensalada de repollo Manzanas frescas Leche	<b>February 4, 2025</b> Tamal de carne con salsa verde Galletas Mezcla de verduras Capri Maíz dulce blanco Naranja fresca Leche	<b>February 5, 2025</b> Hamburgués sus en pan integral Coles de Bruselas Mezcla de verduras de la Toscana Compota de manzana Leche	<b>February 6, 2025</b> Cazuela de fideos de atún Coliflor Espinacas sazonadas Mezcla de frutas Leche	<b>February 7, 2025</b> Raviolis de queso con salsa de carne Calabaza amarilla Brécol Mitades de albaricoque Leche
<b>February 10, 2025</b> Tortilla de queso Pan integral Tomates guisados Patatas asadas Naranja fresca Leche	<b>February 11, 2025</b> Albóndigas agridulces (sin cerdo) Arroz integral Verduras de mezcla de mandarina Ensalada de repollo Manzana fresca Leche	<b>February 12, 2025</b> Enchiladas de Pollo con Salsa Roja Frijoles pintos Coliflor Futas tropicales Leche	<b>February 13, 2025</b> Cazuela de garbanzos y pavo con arroz integral Mezcla de verduras de invierno Guisantes Taza de pina Leche	<b>February 14, 2025</b> Ensaladas de macarrones de atún Pasta integral Ensalada de zanahoria Ensalada de tres frijoles Taza de mandarina Leche
<b>February 17, 2025</b> Chile de frijol blanco Galletas de trigo molidas a la piedra Lechuga romana con vinagreta balsámica Maíz dulce blanco Tazas de pina Leche	<b>February 18, 2025</b> Hamburgués Sa de costilla de cerdo Galleta de trigo integral Batatas Coles de Bruselas Manzana fresca Leche	<b>February 19, 2025</b> Sloppy Joe's (pavo y ternera) Pan de trigo integral Verduras escandinavas Brécol Dados de melocotones Leche	<b>February 20, 2025</b> Tamal de carne de res con salsa roja Muffin de plátano y nueces Maíz dulce blanco Coliflor Mitades de albaricoque Leche	<b>February 21, 2025</b> Cazuela de pollo china Mezcla de verduras de 4 vías Ensalada de repollo Mezcla de frutas Leche
<b>February 24, 2025</b> Chili verde chicken enchiladas Maíz Chuckwagon Verduras de mezcla de California Duraznos cortados en cubitos Leche	<b>February 25, 2025</b> Albóndigas agridulces (sin cerdo) Arroz integral Judías verdes Ensalada de guisantes Naranja fresca Leche	<b>February 26, 2025</b> Frijoles con chile con carne de res Galletas molidas a la piedra Verduras de mezcla de California Maíz dulce blanco Mezcla de frutas Leche	<b>February 27, 2025</b> Espaguetis con albóndigas (sin cerdo) Salsa marinara Espinacas sazonadas Ensalada de zanahoria y pasas Naranja fresca Leche	<b>February 28, 2025</b> Ensalada de tacos carnosos Corn tostada Ensalada Romana Maíz dulce blanco Taza de mandarina Leche
				

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