

July 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
	July 1, 2025	July 2, 2025	July 3, 2025	July 4, 2025
	Chicken Chow Mein Whole Wheat Noodles Tuscany Blended Vegetables Corn Mixed Fruit Cup Milk	Meatloaf w/Tomato Topping Whole Wheat Roll Parslied Carrots Cauliflower Diced Peaches Milk	Beef Tamale w/Verde Sauce Summer Squash Chuckwagon Corn Orange Graham Crackers Milk	Closed in observance of Independence Day If you need a frozen meal, please call the office by 6/30/25
July 7, 2025	July 8, 2025	July 9, 2025	July 10, 2025	July 11, 2025
Fish Filet Vera Cruz Brown Rice Parslied Carrots Zucchini Mandarin Orange Cup Milk	Cheese Manicotti w/Meat Sauce Chuckwagon Corn Peas & Carrots Diced Peaches Milk	Beef Tamale w/Red Sauce Tuscany Blend Vegetables Broccoli Apple Crackers Milk	Sweet & Sour Meatballs Brown Rice Scandinavian Blend Vegetables Zucchini Cantaloupe Milk	Chicken Curry Salad Romaine Lettuce Beets Mixed Fruit Cup Crackers Milk
July 14, 2025	July 15, 2025	July 16, 2025	July 17, 2025	July 18, 2025
Fried Rice Broccoli Whole Wheat Bread Orange Oatmeal Cookie Milk	Chili Beans w/Meat Whole Wheat Tortilla California Blend Vegetables Corn Pineapple Tidbits Milk	Tuna Salad Romaine Salad Three Bean Salad WW Roll & Banana Nut Muffin Orange Milk	Beef Stroganoff Whole Wheat Pasta Peas Carrot Raisin Salad Strawberries Milk	Chicken Enchilada w/Red Sauce Corn Tortilla Cannellini Beans Cauliflower Applesauce Milk
July 21, 2025	July 22, 2025	July 23, 2025	July 24, 2025	July 25, 2025
Albondigas Corn Tortilla Winter Blend Vegetables Summer Squash Diced Peaches Milk	Turkey Goulash Whole Wheat Pasta Green Beans Spinach Apple Milk	Omelette w/Cheese Whole Wheat Bread Roasted Potatoes Stewed Tomatoes Banana Milk	Turkey w/Gravy & Stuffing Whole Wheat Roll Broccoli Three Bean Salad Mixed Fruit Cup Milk	Southwest Chicken Salad Tostada Carrot Raisin Salad Honeydew Melon Milk
July 28, 2025	July 29, 2025	July 30, 2025	July 31, 2025	August 1, 2025
BBQ Pork Rib Patty Sweet Potatoes Brussel Sprouts Apple Graham Crackers Milk	Chickpea Salad Broccoli Slaw Three Bean Salad Whole Wheat Roll Pineapple Tidbits Milk	Beef Tamale w/Green Sauce Summer Squash Corn Orange Graham Crackers Milk	Meatball Marinara Whole Wheat Spaghetti Coleslaw Carrot Raisin Salad Pineapple Tidbits Milk	Chef Salad Green Pea Salad Whole Wheat Roll Pineapple Tidbits Milk

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

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	July 1, 2025	July 2, 2025	July 3, 2025	July 4, 2025
	Chow mein de pollo Fideos integrales Verduras toscanas mixtas Maíz blanco Taza de frutas variadas Leche	Pastel de carne con tomate Panecillo integral Zanahorias con perejil Coliflor Duraznos en cubos Leche	Tamal de res con salsa verde Calabacín de verano Maíz en carreta Galletas Graham Naranja fresca Leche	Cerrado por el Día de la Independencia Si necesita una comida congelada, por favor llame a la oficina antes del 6/30/25
July 7, 2025	July 8, 2025	July 9, 2025	July 10, 2025	July 11, 2025
Filete de pescado a la veracruzana Arroz integral Zanahorias con perejil Calabacín Taza de mandarina Leche	Manicotti de queso con salsa de carne Maíz de carreta Guisantes y zanahorias Duraznos en cubos Leche	Tamal de Res con Salsa Roja Mezcla de Vegetales Toscana Brócoli Manzana Galletas Leche	Albóndigas agridulces Arroz integral Mezcla de verduras escandinavas Calabacín Melón cantalupo Leche	Ensalada de pollo al curry Lechuga romana Remolacha Taza de frutas variadas Galletas saladas Leche
July 14, 2025	July 15, 2025	July 16, 2025	July 17, 2025	July 18, 2025
Arroz frito Brócoli Pan integral Naranja Galleta de avena Leche	Frijoles con chili y carne Tortilla integral Vegetales californianos Maíz Trozos de piña Leche	Ensalada de atún Ensalada de lechuga romana Ensalada de tres frijoles Rollo WW y muffin de plátano y nueces Naranja Leche	Stroganoff de res Pasta integral Guisantes Ensalada de zanahoria y pasas Fresas Leche	Enchilada de pollo con salsa roja Tortilla de maíz Frijoles cannellini Coliflor Puré de manzana Leche
July 21, 2025	July 22, 2025	July 23, 2025	July 24, 2025	July 25, 2025
Albóndigas Tortilla de maíz Vegetales de invierno Calabacín de verano Duraznos picados Leche	Gulash de pavo Pasta integral Judías verdes Espinacas Manzana Leche	Tortilla con queso Pan integral Papas asadas Tomates guisados Plátano Leche	Pavo con salsa y relleno Panecillo integral Brócoli Ensalada de tres frijoles Taza de frutas variadas Leche	Ensalada de pollo estilo suroeste Tostada Ensalada de zanahoria y pasas Melón dulce Leche
July 28, 2025	July 29, 2025	July 30, 2025	July 31, 2025	August 1, 2025
Costilla de cerdo BBQ Boniatos Coles de Bruselas Manzana Galletas Graham Leche	Ensalada de garbanzos Ensalada de brócoli Ensalada de tres frijoles Panecillo integral Trozos de piña Leche	Tamal de res con salsa verde Calabacín de verano Maíz Naranja Galletas Graham Leche	Albóndigas a la marinara Espaguetis integrales Ensalada de col Ensalada de zanahoria y pasas Trozos de piña Leche	Ensalada del Chef Ensalada de Guisantes Panecillo Integral Trozos de Piña Leche

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