

September 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
September 1, 2025	September 2, 2025	September 3, 2025	September 4, 2025	September 5, 2025
	Chicken Stew Whole Wheat Roll Broccoli Corn Apple Milk	Beef Tamale w/Green Sauce Brussel Sprouts Summer Squash Crackers Mixed Fruit Cup Milk	Turkey w/Stuffing & Gravy Whole Wheat Roll Broccoli Green Beans Milk	Hawaiian Chicken Salad w/Spring Mix Corn Salad Crackers Orange Milk
September 8, 2025	September 9, 2025	September 10, 2025	September 11, 2025	September 12, 2025
Cheese Omelette Whole Wheat Bread Roasted Potatoes Stewed Tomatoes Orange Milk	Chicken Enchilada w/Red Sauce Broccoli Parslied Carrots Crackers Apple Milk	Meatloaf w/Gravy Whole Wheat Bread Corn Green Beans Orange Milk	Chicken Alfredo Whole Wheat Pasta Broccoli Cauliflower Banana Milk	Chef Salad w/Turkey, Egg, & Cheese Spring Mix Green Pea Salad Crackers Mandarin Orange Cup Milk
September 15, 2025	September 16, 2025	September 17, 2025	September 18, 2025	September 19, 2025
Barbacoa Beef (Pork) Brown Rice Asian Blend Vegetables Corn Mixed Fruit Cup Milk	BBQ Pork Rib Patty Whole Wheat Bun Roasted Potatoes Coleslaw Orange Milk	Vegetarian Chili Green Beans Zucchini Pineapple Tidbits Banana Nut Muffin Milk	Chicken w/Teriyaki Sauce Brown Rice Cauliflower Zucchini Apricots Milk	Cilantro Lime Chicken Ranch Salad w/Romaine Lettuce Carrot Raisin Salad Crackers Pineapple Tidbits Milk
September 22, 2025	September 23, 2025	September 24, 2025	September 25, 2025	September 26, 2025
General Tso Chicken Brown Rice Broccoli Mandarin Blend Vegetables Mandarin Orange Cup Milk	Hamburger w/Fixins Whole Wheat Bun Carrot Raisin Salad California Blend Vegetables Orange Milk	Lemon Chicken Brown Rice Cauliflower Tuscany Blend Vegetables Apple Milk	Fish Filet Whole Wheat Bun Roasted Potatoes Sicilian Blend Vegetables Apricots Milk	Asian Chicken Salad & Noodles w/Spring Mix Broccoli Slaw Banana Milk
September 29, 2025	September 30, 2025			
Chicken Marsala w/ Pasta Italian Blend Vegetables Tuscany Blend Vegetables Crackers Pineapple Tidbits Milk	Swedish Meatballs Brown Rice Parslied Carrots Cauliflower Apple Milk			

Reservations must be made at least four (4) business days in advance.