NOVEMBER 2026 | Senior Dining Centers

Meals on Wheels FOR SANTA CRUZ COUNTY
COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD

Santa Cruz	Live Oak		Ben Lomond	Watsonville
London Nelson Center 301 Center Street 427-0901 12 pm	Live Oak Senior Center 1777 Capitola Rd. 475-7177 12-1pm	COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	Highlands Park Sr. Center 8500 Hwy 9 336-5366 12:00 pm	Watsonville Senior Center 114 E. Fifth St. 768-3279 11:30 AM

Please call the dining site of your choice to make reservations the day before you plan to attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *No 1/2 Pint Milk Served Rigatoni Casserole Green Salad w/ Hard Boiled Egg Three Bean Salad Whole Wheat Roll & Butter Orange Juice	**3** Tuna Salad w/ Lettuce Potato Leek Soup Spinach Salad w/ Tomatoes Whole Wheat Bread Graham Crackers/Banana	**4** Split Pea Soup Mushroom Vegetable Salad Mixed Green Salad Whole Wheat Bread & Butter Berry Fruit Crisp	**5** Meatball Soup California Mixed Vegetables Romaine Salad Whole Grain Cornbread & Butter Peaches	**6** Green Bean Chicken w/ Rice Sesame Carrots Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks/Fortune Cookie
9 Meatloaf with Low Sodium Gravy Mashed Potatoes Green Salad w/ Red Peppers Whole Wheat Bread & Butter Graham Crackers Spiced Apple Slices	**10** Turkey Tostada Cauliflower & Peppers Refried Beans Spanish Rice Apple	**11** CLOSED Happy Holiday All Centers Will Be Closed	**12** Hearty Lima Bean Chowder Couscous Vegetable Salad Mixed Green Salad Whole Wheat Roll & Butter Orange	**13** Salmon Patty w/ Tzatziki Sauce Broccoli Spinach Salad w/ Carrots Pesto Noodles Peaches
16 Savory Casserole California Mixed Vegetables Mixed Green Salad Whole Wheat Roll & Butter Applesauce	**17** Vegetable Fritatta Roasted Potatoes Green Salad w/ Kidney Beans Whole Wheat Oatmeal Muffin & Butter Orange Juice	**18** Crab Cakes w/ Lemon Wedge Herbed Cauliflower Spinach Salad w/ Carrots Brown Rice Pilaf Apple	**19** Happy Thanksgiving! Turkey w/ Gravy, Stuffing & Cranberry Sauce Fresh Mixed Vegetables Mashed Potatoes Whole Wheat Roll & Butter Pumpkin Pie, Apple Juice	**20** Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ Mandarins Banana Birthday Cake
23 Sloppy Joes Succotash Romaine Salad w/ Broccoli Whole Wheat Bun Banana	**24** Baked Fish w/ Lemon Wedge Broccoli Spinach Salad Brown Rice Pilaf Pear	**25** Pizza Three Bean Salad Caesar Salad w/ Hard Boiled Egg Banana	**26** CLOSED Happy Holiday All Centers Will Be Closed	**27** CLOSED Happy Holiday All Centers Will Be Closed
30 Tuna Noodle Casserole Peas and Mushrooms Romaine Salad Whole Wheat Bread Banana		* Represents Vegetarian *Represents High Sodium	Meals on Wheels FOR SANTA CRUZ COUNTY	LIFT LINE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD

MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+

Contributions of $3.50 are suggested and appreciated!

There is no obligation to contribute, contributon is voluntary, and no one will be denied participation if they are unable to contribute.

Each meal is served with a 1/2 pint of 1% milk.

Transportation may be available.

MEALS ON WHEELS FOR SANTA CRUZ COUNTY | 1777 CAPITOLA RD. | SANTA CRUZ, CA | 95062 | (831) 464-3180 | COMMUNITYBRIDGES.ORG/MEALSONWHEELS

NOVIEMBRE 2026 | Centros Comedores

Meals on Wheels FOR SANTA CRUZ COUNTY
COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD

Santa Cruz	**Live Oak**		**Ben Lomond**	**Watsonville**	**Favor de llamar a centro que guste para hacer su reservacion un dia antes del dia que piensa asistir al centro.**
London Nelson Center 301 Center Street 427-0901 12pm	Live Oak Senior Center 1777 Capitola Rd. 475-7177 12-1pm	COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	Highlands Park Sr. Center 8500 Hwy 9 336-5366 12pm	Watsonville Senior Center 114 E. Fifth St. 768-3279 11:30am	

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	
2 Cacerola de Fideos Ensalada Verde c/ Huevo Cocido Ensalada de Tres Frijoles Panecillo Integral & Mantequilla Jugo de Naranja ***No 1/2 Pinta de Leche Servida**	**3** Ensalada de Atun con Lechuga Sopa de Papa y Puerro Ensalada de Espinacas c/ Tomate Pan Integral Galletas de Graham Platano	**4** Sopa de Chicharos Ensalada de Verduras y Hongos Ensalada Verde Pan Integral & Mantequilla Crujiente de Fruta y Bayas	**5** Sopa de Albondigas Verduras Mixtas de California Ensalada Romana Pan de Elote y Mantequilla Duraznos	**6** Pollo con Ejotes y Arroz Zanahorias con Sésamo Ensalada de Repollo Napa c/ Aderezo de Sésamo Trozos de Piña Galletas de la Fortuna	**Sugerencia es de $3.50 por comida.**
9 Pastel de Carne c/ Salsa Baja en Sodio Puré de Papa Ensalada Verde c/ Pimiento Rojo Pan Integral/ Galletas de Graham Manzana Especiada	**10** Tostada de Pavo Coliflor & Pimientos Frijoles Refritos Arroz Español Manzana	**11** **CERRADO** Feliz Fiestas Todos Los Centros Estarán Cerrados	**12** Sopa de Habas Ensalada de Verduras y Couscous Ensalada Mixta Panecillo Integral & Mantequilla Naranja	**13** Croqueta de Salmon c/ Tzatziki Brócoli Ensalada Espinacas c/ Zanahoria Fideos al Pesto Duraznos	**LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+**
16 Cacerola de Fideos y Carne Verduras Mixtas de California Ensalada Mixta Panecillo Integral & Mantequilla Puré de Manzana	**17** Fritata de Verduras Papas Asadas Ensalada Verde c/ Frijoles Rojos Panqué de Avena & Mantequilla Jugo de Naranja	**18** Pastel de Cangrejo c/ Limon Coliflor con Hierbas Ensalada de Espinacas c/ Zanahoria Pilaf de Arroz Integral Manzana	**19** Pavo c/ Salsa, Relleno y Salsa de Arándano Verduras Frescas Mixtas Puré de Papa Panecillo & Mantequilla Pastel de Calabaza, Jugo de Manzana	**20** Sopa de Frijoles Blancos Ensalada de Pasta y Verduras Ensalada Romana c/ Mandarinas Platano Pastel de Cumpleaños	
23 Bocadillo de Carne Molida Habas con Elotes Ensalada Romana c/ Brócoli Bollo Integral Platano	**24** Pescado al Horno c/ Cuña de Limón Brócoli Ensalada de Espinacas Pilaf de Arroz Integral Pera	**25** Pizza Ensalada de Tres Frijoles Ensalada Cesar c/ Huevo Cocido Platano	**26** **CERRADO** Feliz Fiestas Todos Los Centros Estarán Cerrados	**27** **CERRADO** Feliz Fiestas Todos Los Centros Estarán Cerrados	**No hay obligacion de contribuir, contribuciones son de voluntad y a nadie se le negara participacion si no puede contribuir.**
30 Cacerola de Fideos c/ Atun Chicaros y Hongas Ensalada Romana Pan Integral Platano		***Representa Vegetariano** ***Representa Alto in Sodio**	Meals on Wheels FOR SANTA CRUZ COUNTY	LIFT LINE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	**Cada comida se sirve con 1/2 pinta de leche de 1%** **Transporte puede estar disponible.**

COMIDAS SOBRE RUEDAS PARA EL CONDADO DE SANTA CRUZ | 1777 CAPITOLA RD. | SANTA CRUZ, CA | 95062 | (831) 464-3180 | COMMUNITYBRIDGES.ORG/MEALSONWHEELS