

NOVEMBER 2022 | Senior Dining Centers

<u>Santa Cruz</u>	<u>Live Oak Family Resource Center</u>	<u>Scotts Valley</u>	<u>Ben Lomond</u>	<u>Watsonville</u>	Contributions of \$2.50 are suggested and appreciated!
London Nelson Center 301 Center Street 427-0901 12 pm	1740 17th Ave. 475-7177 12:15-1:15pm	Currently Closed No Meal Service Provided	Highlands Park Sr. Center 8500 Hwy 9 336-5366 12:00 pm	Watsonville Senior Center 114 E. Fifth St. 724-2024 11:30 AM	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+
	1 Meatball Stoganoff California Mixed Vegetables Green Salad w/ Red Cabbage WW Bread w/ Butter Applesauce	2 Turkey Stew Peas w/ Mushrooms Coleslaw Biscuit w/ Butter Tangerine Sugar Free Cookies	3 Chicken Mole w/ Tortilla Garden Blend Vegetables Romaine Salad Spanish Rice Citrus Fruit Salad	4 Crab Cakes w/ Lemon Wedge Herbed Cauliflower w/ Diced Carrots Spinach Salad Pesto Noodles Banana	
7 BBQ Pork LS Sauce Mashed Potatoes Tossed Green Salad w/ Peppers WW Bread w/ Butter Spiced Apple Slices Graham Crackers	8 Navy Bean Soup Vegetables Pasta Salad Tossed Green Salad Banana WW Crackers Oatmeal Cookies	9 Lemon Chicken Carrots Steamed Bokchoy Pearled Barley Pineapple Chunks	10 Mexican Meatball Soup Mixed Vegetables Green Salad Cornbread w/ Butter Tangerine	11 CLOSED WE WILL BE CLOSED ON VETERANS DAY 	For Your Safety masks are required before and after enjoying meal service.
14 Rigatoni Casserole Mixed Green Salad w/ Hard Boiled Egg Three Bean Salad WW Roll w/ Butter Orange Juice	15 Split Pea Soup Vegetable Couscous Salad Mixed Green Salad WW Bread w/ Butter Banana Oatmeal Cookies	16 Salmon Patty w/ Lemon Sauce Cauliflower Green Salad w/ Carrots Rice Pilaf Diced Pears	17 Turkey w/ Gravy Stuffing & Cranberry Sauce Mashed Potatoes Fresh Mixed Vegetables WW Roll w/ Butter / Apple Juice Pumpkin Pie & Whipped Cream	18 Beef & Cheese Soft Taco Vegetable Garden Blend Romaine Salad Mexico City Rice Grapes	
21 Spaghetti w/ Meatballs Broccoli Mixed Green Salad WW Roll w/ Butter Banana	22 Chicken Enchilada Cauliflower & Red Peppers Fiesta Cabbage Salad Spanish Rice Tangerine	23 Baked Fish w/ Lemon Wedge Sweet Potato w/ Butter Green Salad w/ Cabbage & Carrots WW Roll w/ Butter Applesauce Birthday Cake	24 CLOSED 	25 CLOSED	There is no obligation to contribute, contribution is voluntary, and no one will be denied participation if they are unable to contribute.
28 Meatloaf w/ LS Gravy Mashed Potatoes Green Salad w Red Bell Peppers WW Bread w/ Butter Applesauce	29 3 Bean Minestrone Pesto Pasta Salad Tossed Green Salad Garlic Bread Orange Juice Banana	30 Oven Roasted Chicken Sautéed Kale Greens Sweet Potatoes WW Roll w/ Butter Diced Peaches	  Meals on Wheels FOR SANTA CRUZ COUNTY COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		Each meal is served with a 1/2 pint of 1% milk.
					Transportation may be available.

Santa Cruz	Recursos Comunitarios de	Scotts Valley	Ben Lomond	Watsonville	Sugerencia es de \$2.50 por comida.
London Nelson Center 301 Center Street 427-0901 12pm	Live Oak 1740 17th Ave. 475-7177 12:15-1:15pm	Actualmente Cerrado No Servicio de Comida	Highlands Park Sr. Center 8500 Hwy 9 336-5366 Medio Dia	Watsonville Senior Center 114 E. Fifth St. 724-2024 11:30am	
LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+
	1 Albondigas con Fideos y Aliño Verduras Mixtas Ensalada Verde c/ Col Pan Integral c/ Mantequilla Puré de Manzana	2 Estofado de Pavo Chicharos con Hongos Ensalada de Col Biscocho c/ Mantequilla Mandarina Galletas sin Azucar	3 Mole de Pollo c/ Tortilla de Maiz Vegetables de Jardin Ensalada Romana Arroz Español Ensalada Citritca	4 Pastelito de Cangrejo Coliflor con Zanahoria Picada Ensalada de Espinacas Fideos de Pesto Plátano	
7 Carne de Puerco con Salsa BBQ Baja en Sodio Papa Molida Ensalada Verde c/ Pimiento Rojo Pan Integral c/ Mantequilla Rebanadas de Manzana	8 Sopa de Frijol Ensalada de Pasta c/ Vegetables Ensalada Verde Plátano Galletas Integrales Galletas de Avena	9 Pollo Enlimonado Zanahorias Col Rizado al Vapor Cebada Trozos de Piña	10 Sopa de Albondigas Verduras Mixtas Ensalada Verde Pan de Elote c/ Mantequilla Mandarina	11 CERRADO 	Por su seguridad el uso de cubrebocas es requerido antes y despues de disfrutar de sus alimentos.
14 Cacerola de Fideos Ensalada Verde Mixtas c/ Huevo Cocido Ensalada de Frijol Pan Integral c/ Mantequilla Jugo de Naranja	15 Sopa de Chicharos Ensalada de Vegetales Couscous Ensalada Verde Mixta Pan Integral c/ Mantequilla Plátano Galletas de Avena	16 Croqueta de Salmon c/ Salsa de Limon Coliflor Ensalad Verde c/ Zanahorias Pilaf de Arroz Trozos de Pera	17 Pavo c/ Relleno y Salsa de Arandano / Verduras Mixtas Papa Molida Jugo de Manzana Pan c/ Mantequilla Pay de Calabaza	18 Taco Suave de Res y Queso Verduras Mixtas Ensalada Romana Arroz Estilo Mexico Uvas	
21 Espaguetis c/ Albondigas Brocoli Ensalada Verde Panecillo c/ Mantequilla Plátano	22 Enchiladas de Pollo Coliflor c/ Pimiento Rojo Ensalada de Col Arroz Mexicano Mandarina	23 Pescado al Horno c/ Rebanada de Limon Patata al Horno c/ Mantequilla Ensalada Verde c/ Col y Zanahorias Puré de manzana Pastel de Cumpleaños	24 CERRADO	25 CERRADO 	No hay obligacion de contribuir, contribuciones son de voluntad y a nadie se le negara participacion si no puede contribuir.
28 Pastel de Carne c/ Salsa Baja en Sodio Papa Molida Ensalada Verde c/ Pimiento Rojo Chicharos y Zanahorias Pan Integral c/ Mantequilla Puré de Manzana	29 Sopa de Frijol Minestrone Ensalada de Pasta en Pesto Ensalada Verde Pan de Ajo Jugo de Naranja Plátano	30 Pollo al Horno Col Rizada Salteados Patata al Horno c/ Mantequilla Panecillo c/ Mantequilla Trozos de Durazno	  Meals on Wheels FOR SANTA CRUZ COUNTY COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		
					Transporte puede estar disponible.