

DECEMBER 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+
					
5 Savory Casserole California Mixed Vegetables Mixed Green Salad WW Roll w/ Butter Applesauce	6 Hearty Lima Bean Chowder Couscous Vegetable Salad Green Salad WW Roll w/ Butter Orange Juice	7 Turkey Divan Casserole Carrots Mixed Green Salad Brown Rice WW Roll Tangerine	8 Potato Kale & Cheese Enchilada Cauliflower & Red Peppers Romaine Salad w/ Carrots Mexico City Rice Banana	9 Fish and Chips w/ Ketchup & Tartar Sauce Vegetable Clam Chowder Coleslaw WW Roll w/ Butter Citrus Fruit Salad	For Your Safety masks are required before and after enjoying meal service.
12 Rigatoni Casserole Mixed Green Salad w/ Hard Boiled Egg Three Bean Salad WW Roll w/ Butter No 1/2 Pint Milk Served w/ Meal	13 Chicken Pozole w/ Corn Tortilla Cauliflower w/ Pepper Green Salad w/ Carrots Vanilla Pudding Banana	14 Quiche Roasted Potatoes Mixed Green Salad w/ Carrots WW Bread w/ Butter	15 Chicken Breast w/ Wild Rice Stuffing & Wine Sauce Baby Carrots and Broccoli Tips Marinated Mushroom Salad Cherry Cheesecake - Sparkling Apple Juice-WW Roll & Butter	16 Sloppy Joe's Succotash Coleslaw Gelatin w/ Mandarins	
19 BBQ Pork w/ LS BBQ Sauce Mashed Potatoes Coleslaw WW Bread w/ Butter Spiced Apple Slices	20 Sweet & Sour Chicken w/ Brown Rice Napa Cabbage Salad w/ Sesame Dressing Wonton Soup Pineapple Chunks	21 Vegetarian Chili Malibu Mixed Vegetables Romaine Salad Cornbread w/ Butter Banana	22 Baked Fish w/ Lemon Wedge Sweet Potato w/ Butter Winter Fruit Salad	23 Chicken Tamales Refried Beans Mixed Green Salad w/ Carrots Spanish Rice Tangerine	
26 CLOSED 	27 Salisbury Steak w/ LS Gravy Mashed Potatoes Spinich Salad w/ Red Peppers & Croutons WW Bread w/ Butter Spiced Apple Slices	28 Mexican Chicken Noodle Soup w/ Corn Tortilla Pinto Beans Tossed Green Salad Citrus Fruit Salad	29 Macaroni & Cheese Three Bean Salad Romaine Salad w/ Egg WW Bread w/ Butter Apple Juice No 1/2 Pint Milk Served w/ Meal	30 Chicken Florentine Mixed Vegetables Tossed Green Salad WW Roll w/ Butter Tangerine Birthday Cake	Each meal is served with a 1/2 pint of 1% milk unless otherwise noted.
					Transportation may be available.

<u>Santa Cruz</u>	<u>Recursos Comunitarios de</u>	<u>Scotts Valley</u>	<u>Ben Lomond</u>	<u>Watsonville</u>	Sugerencia es de \$2.50 por comida.
London Nelson Center 301 Center Street 427-0901 12pm	<u>Live Oak</u> 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+
					
5 Cacerola de Fideos Verduras Mixtas Ensalada Verde Mixta Pan Integral c/ Mantequilla Puré de Manzana	6 Sopa de Habas Ensalada de Couscous c/ Verduras Ensalada Verde Panecillo c/ Mantequilla Jugo de Naranja	7 Cacerola de Pavo c/ Brocoli Zanahorias Ensalada Verde Mixta Arroz Integral Panecillo Mandarina	8 Enchilada de Col Rizado c/ Papa y Queso Coliflor c/ Pimiento Rojo Ensalada Romana c/ Zanahorias Arroz Mexicano Platano	9 Pescado Y Papas al Horno c/ Salsa de Tartara y Catsup Sopa de Verduras Ensalada de Col Panecillo Integral c/ Mantequilla Ensalada de Fruta Citrica	Por su seguridad el uso de cubrebocas es requerido antes y despues de disfrutar de sus alimentos.
12 Cacerola de Fideos Ensalada Verde Mixta c/ Huevito Cocido Ensalada de 3 Frijoles Panecillo c/ Mantequilla No 1/2 Pinta de Leche	13 Pozole de Pollo c/ Tortilla Coliflor c/ Pimientos Ensalada Verde c/ Zanahorias Pudin de Vainilla Plátano	14 Pastel de Huevo c/ Espinacas Papas Rostizadas Ensalada Verde Mixta c/ Zanahorias Pan Integral c/ Mantequilla	15 Pechuga de Pollo w/ Arrove y Relleno con Salsa Envinada Zanahorias Tiernas c/ Brocoli Ensalada de Hongos Marinados Pay de Queso Crema Jugo de Manzana Martinelli	16 Hamburguesa de Carne Molida Habas Mixtas Ensalada de Col Gelatina c/ Mandarinas	
19 Carne de Puerco c/ Salsa BBQ Papa Molida Ensalada de Col Pan Integral c/ Mantequilla	20 Pollo Agridulce c/ Arroz Integral Ensalada de Col Napa c/ Aderezo de Ajonjoli Sopa de Wonton Trozos de Piña	21 Frijoles Vegetarianos Verduras Mixtas Malibu Ensalada Romana Cornbread w/ Butter Plátano	22 Pescado al Horno c/ Rebanada de Limón Patata al Horno c/ Mantequilla Ensalada de Fruta Invernal	23 Tamal de Pollo Frijoles Refritos Ensalada Mixta c/ Zanahoria Arroz Español Mandarina	Cada comida se sirve con 1/2 pinta de leche de 1%, a menos que se indique lo contrario.
26 CERRADO 	27 Carne de Res con Salsa Baja en Soda Papa Molida Ensalada De Espinacas Con Pimientos Rojos Y Crutones Pan c/ Mantequilla Rebanada de Manzana c/ Especies	28 Sopa de Albondigas Frijoles Mixtos Ensalada Mixta Ensalada de Fruta Citrica	29 Macarron c/ Queso Ensalada de 3 Frijoles Ensalada Romana c/ Huevito Pan Integral c/ Mantequilla Jugo de Manzana No 1/2 Pinta de Leche	30 Pollo a la Florentina Verdura Mixta Ensalada Merde Mixta Panecillo Integral c/ Mantequilla Mandarina Pastel de Cumpleaños	