











JANUARY 2023 | 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+ For Your Safety masks are required before and after enjoying meal service. There is no obligation to contribute, contribution 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.
2 CLOSED 		3 Meatball Stroganoff Over Noodles California Mixed Vegetables Tossed Green Salad w/ Red Cabbage WW Bread w/ Butter Applesauce		4 Chicken Enchiladas Cauliflower w/ Red Peppers Fiesta Cabbage Salad Spanish Rice Diced Peaches		5 Turkey Stew Peas W/ Mushrooms Coleslaw Tangerine Sugar Free Cookies		6 Crab Cakes w/ Lemon Wedge Herbed Cauliflower w/ Diced Carrots Spinach Salad Pesto Noodles Banana		
9 BBQ Pork Mashed Potatoes Tossed Green Sald w/ Red Peppers WG Bread w/ Butter Graham Crackers Spiced Apple Slices		10 Turkey Salad w/ Lettuce & Tomato Cream of Spinach Soup Cream of Spinach Soup Carrot Raisin Salad WG Bread w/ Butter - Crackers Honeydew Melon		11 Beef & Cheese Soft Taco Vegetable Garden Blend Romaine Salad Mexico City Rice Grapes		12 Teriyaki Chicken Baked Sweet Potato w/ Butter Sesame Cabbage Brown Rice Pineapple Juice		13 Salmon Patty w/ Lemon Sauce Cauliflower Green Salad w/ Carrots Rice Pilaf Diced Pears		
16 CLOSED 		17 Rigatoni Casserole Mixed Green Salad w. Hard Boiled Egg Three Bean Salad WW Roll w/ Butter Orange Juice		18 Baked Fish w/ Lemon Wedge Tartar Sauce Sweet Potato w/ Butter Green Salad w/ Cabbage & Carrots Applecrisp		19 Chicken Mole w/ Corn Tortilla Garden Blend Vegetables Romaine Salad Spanish Rice Citrus Fruit Salad		20 Navy Bean Soup Vegetable Pasta Salad Tossed Green Salad WW Crackers Banana		
23 Meatloaf w. LS Gravy Mashed Potaties Tossed Green Salad w/ Red Bell Peppers WW Bread w/ Butter Applesauce		24 Green Bean Chicken w/ Rice Vegetable Chow Mein Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks		25 Mexican Meatball Soup Mixed Vegetables Cornbread w/ Butter Tangerine		26 Split Pea Soup Vegetable Couscous Salad Mixed Green Salad WW Bread w/ Butter Banana		27 Oven Roasted Chicken Green Beans Baked Winter Squash WW Roll w/ Butter Orange Juice Birthday Cake		
30 Spaghetti w. Meatballs Broccoli Mixed Green Salad WW Roll w/ Butter Dice Pears		31 3 Bean Minestrone Pesto Pasta Salad Tossed Green Salad w/ Red Cabbage Garlic Bread Banana - Orange Juice		 Meals on Wheels FOR SANTA CRUZ COUNTY		 LIFT LINE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		

<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+		
2 CLOSED 	3 Fideo c/ Albondigas y Aliño Verduras Mixtas Ensalada Verde c/ Col Pan Integral c/ Mantequilla Puré de Manzana	4 Enchiladas Pollo Coliflor c/ Pimiento Rojo Ensalada de Col Arroz Español Duranzno en Almiibar	5 Estofado de Pavo Chicharos c/ Hongos Ensalada de Col Biscocho c/ Mantequilla Mandarina Galleta sin Azucar	6 Croquetas de Jaiva c/ Rebanada de Limón Coliflor c/ Zanahorias Ensalada de Espinacas Fideos c/ Pesto Plátano			
9 Carne de Puerco c Salsa de Barbacoa Baja en Sodio Papa Molida Ensalada Verde c/ Pimiento Rojo Galletas Rebanadas de Manzana Cocidas	10 Ensalada de Pavo c/ Lechuga y Tomate Sopa de Crema de Espinacas Ensalada de Zanahoria c/ Pasas Pan Integral c/ Mantequilla Galletas Saladas - Melon	11 Taco Suave de Carne de Res c/ Queso Verduras Mixtas Ensalada Romana Arroz Mexicano Uvas	12 Pollo c/ Salsa Teriyaki Camote al Horno c/ Mantequilla Ensalada de Col con Aderezo de Ajonjoli Arroz Integral Trozitos de Piña	13 Croqueta de Salmon c/ Salsa de Limón Coliflor Ensalada c/ Zanahorias Pilaf de Arroz Peras en Almibar	No hay obligacion de contribuir, contribuciones son de voluntad y a nadie se le negara participacion si no puede contribuir.		
16 CERRADO 	17 Cacerola de Fideo Ensalada Mixta c/ Huevo Cocido Ensalada de Frijol Panecillo c/ Mantequilla Jugo de Naranja	18 Pescado al Horno c/ Rebanada de Limon Salsa Tartara Camote al Horno c/ Mantequilla Ensalada de Col c/ Zanahorias Postre de Manzana	19 Mole de Pollo c/ Tortilla de Maiz Verduras Mixtas Ensalada Romana Arroz Español Ensalada de Fruta Citrica	20 Sopa de Frijol Ensalada de Pasta c/ Verduras Ensalada Verde Galletas Saladas Plátano Galletas de Avena			
23 Pastel de Carne c/ Salsa baja en Sodio Papa Molida Ensalada Verde c/ Pimiento Rojo Pan Integral c/ Mantequilla Puré de Manzana	24 Pollo c/ Ejotes y Arroz Fideos c/ Verdura Ensalada de Col Napa c/ Aderezo de Ajonjoli Trozitos de Piña	25 Sopa de Albondigas Verduras Mixtas Pan de Elote c/ Mantequilla Mandarina	26 Sopa de Chicharos Ensalada de Couscous Ensalada Verde Pan Integral c/ Mantequilla Plátano Galletas de Avena	27 Pollo Horneado Ejotes Calabacita Invernal al Horno Panecillo c/ Mantequilla Jugo de Naranja Pastel de Cumpleaños	   Meals on Wheels FOR SANTA CRUZ COUNTY LIFT LINE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		
30 Espagueti c/ Albondigas Brocoli Ensalada Verde Mixta Panecillo c/ Mantequilla Peras en Almibar	31 Sopita de Frijol Ensalada de Pesto Ensalada Verde c/ Col Pan de Ajo Jugo de Naranja Plátano						