

MARCH 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	
		1 Turkey Stew Peas w/ Mushrooms Coleslaw Biscuit w/ Butter Tangerine	2 Sweet & Sour Chicken w/ Rice Wonton Soup Napa Cabbage Salad w/ Sesame Dressing Egg Roll Pineapple Chunks	3 Crab Cakes w/ Lemon Wedge Herbed Cauliflower w/ Diced Carrots Pesto Noodles Banana	
6 BBQ Pork Mashed Potatoes Tossed Green Salad w/ Red Peppers WW Bread w/ Butter Spiced Apple Slices/Gr.Crackers	7 Turkey Salad w/ Lettuce & Tomato Cream of Spinach Soup Carrot Raisin Salad WW Bread & Crackers / Butter Tangerine	8 Beef & Cheese Soft Taco Vegetable Garden Blend Romaine Salad Mexico City Rice Banana	9 Chicken Parmesan w/ Risotto California Mixed Vegetables Green Salad WW Roll w/ Butter Citrus Fruit Salad	10 Salmon Patty w. Lemon Sauce Cauliflower Green Salad w/ Carrots W. G. Dilled Noodles Diced Pears	MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+
13 Spaghetti w/ Meatballs Broccoli Mixed Green Salad Diced Pears WW Roll w/ Butter	14 Navy Bean Soup Vegetable Pasta Salad Tossed Green Salad WW Pasta WW Crackers Banana / Oatmeal Cookies	15 Chicken Mole w/ Tortilla Garden Blend Vegetables Romaine Salad Spanish Rice Citrus Fruit Salad	16 Turkey Pot Roast Peas & Carrots Romaine Salad w/ Beet Garnish Rice Pilaf WW Roll w/ Butter Applesauce	17 Irish Fish Chowder Peas & Carrots Emerald Isle Green Salad WW Roll w/ Butter Irish Flag Fruit Parfait	
20 Meatloaf w/ LS Gravy Mashed Potatoes Tossed Green Salad w/ Red Bell Peppers WW Bread w/ Butter Applesauce	21 Baked Fish w/ Lemon Wedge Sweet Potato Spinach Salad WW Bread w/ Butter Fruit Salad	22 Mexican Stew Green Beans Romaine Salad w/ Carrots Mexican Rice Pineapple Chunks	23 Green Bean Chicken w/ Rice Vegetable Chowmein Napa Cabbage Salad w/ Sesame Dressing Tangerine	24 3 Bean Minestrone Pesto Pasta Salad Tossed Green Salad Garlic Bread Orange Juice Banana	Each meal is served with a 1/2 pint of 1% milk.
27 Rigatoni Casserole Mixed Green Salad w/ Hard Boiled Egg Three Bean Salad WW Roll w/ Butter Orange Juice	28 Beyond Meat Burger Potato Wedges Mixed Green Salad w/ Red Peppers Citrus Fruit Salad	29 Split Pea Soup Vegetable Couscous Salad Mixed Green Salad WW Bread w/ Butter Banana Oatmeal Cookies	30 Chicken Enchiladas Cauliflower and Red Peppers Fiesta Cabbage Salad Spanish Rice Tangerine Birthday Cake	31 CLOSED 	

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		
		1 Estofado de Pavo Chicharos c/ Hongos Ensalada de Col Biscocho c/ Mantequilla Mandarina	2 Pollo Agridulce Sopita Wonton Ensalada de Col Napa c/ Aderezo de Ajonjoli Arroz Integral Trozos de Piña	3 Croqueta de Cangrejo c/ Rebanada de Limon Coliflor c/ Zanahoria Picada Ensalada de Espinacas Fideos c/ Pesto Platano		
6 Carne de Puerco Papa Molida Ensalada Verde c/ Pimiento Rojo Pan Integral c/ Mantequilla Galleta Integral Rebanadas de Manzana al Horno	7 Ensalada de Pavo c/ Lechuga y Tomate Sopita de Crema de Espinaca Ensalada de Zanahoria c/ Pasas Pan Integral c/ Mantequilla Mandarina / Galletas	8 Taco Suave de Carne de Res c/ Queso Verduras Mixtas Ensalada Romana Arroz Mexicano Platano	9 Pollo Parmesano c/ Risotto Verduras Mixtas Ensalada Verde Panecillo Integral c/ Mantequilla Ensalada de Fruta Citrica	10 Croqueta de Salmon c/ Salsa de Limon Coliflor c/ Zanahoria Picada Ensalada Verde c/ Zanahorias Fideos Trozos de Pera	LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+	
13 Espaguetis c/ Albondigas Brocoli Ensalada Verde Panecillo c/ Mantequilla Trozos de Pera	14 Sopita de Frijol Ensalada de Pasta c/ Verdura Ensalada Verde Galleta Integral Platano Galletas de Avena	15 Mole de Pollo c/ Tortilla de Maiz Verduras Mixtas Ensalada Romana Arroz Español Ensalada de Fruta Citrica	16 Pavo c/ Verduras al Horno Chicharos y Zanahorias Ensalada Romana c/ Betabel Pilaf de Arroz Panecillo c/ Mantequilla Pure de Manzana	17 Sopa de Crema c/ Pescado Chicharos c/ Zanahorias Ensalada Verde de Esmeralda Panecillo c/ Mantequilla Fideos c/ Repollo Postre de Bandera Irlandes		
20 Pastel de Carne c/ Salsa Baja en Sodio Papa Molida Ensalada Verde c/ Pimiento Rojo Pan Integral c/ Mantequilla Pure de Manzana	21 Pescado al Horno c/ Rebanada de Limon Camote al Horno Ensalada de Espinacas Pan Integral c/ Mantequilla Ensalada de Fruta	22 Picadillo c/ Tortilla de Maiz Ejotes Ensalada Romana c/ Zanahorias Arroz Mexicano Trozos de Piña	23 Pollo con Ejotes y Arroz Fideos c/ Verduras Ensalada de Col Napa c/ Aderezo de Ajonjoli Ensalada de Fruta Citrica Mandarina	24 Sopita de Frijol Ensalada de Pasta con Pesto Ensalada Verde Pan de Ajo Jugo de Naranja Platano		No hay obligacion de contribuir, contribuciones son de voluntad y a nadie se le negara participacion si no puede contribuir.
27 Caserola de Fideos Ensalada Mixta c/ Huevo Cocido Ensalada de 3 Frijoles Panecillo c/ Mantequilla Jugo de Naranja	28 Hamburguesa Vegetariana Catsup y Mostaza Rebanadas de Papas al Horno Ensalada c/ Pimiento Rojo Ensalada de Fruta Citrica	29 Sopita de Chicharos Ensalada de Couscous c/ Verduras Ensalada Mixta Pan Integral c/ Mantequilla Platano Galletas de Avena	30 Enchilada de Pollo Coliflor c/ Pimiento Rojo Ensalada de Col Arroz Mexicano Mandarina Pastel de Cumpleaños	31 CERRADO 	Cada comida se sirve con 1/2 pinta de leche de 1%	
					Transporte puede estar disponible.	