

<u>Santa Cruz</u>	<u>Live Oak Family Resource Center</u>	<u>Scotts Valley</u>	<u>Ben Lomond</u>	<u>Watsonville</u>
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

**Contributions of \$2.50 are suggested and appreciated!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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**MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+**

<b>4</b> <b>Happy Holiday All Centers Will Be Closed</b>	<b>5</b> Rigatoni Casserole Three Bean Salad Mixed Green Salad w/ Hard Boiled Eggs WW Roll w/ Butter Orange Juice	<b>6</b> Sweet & Sour Chicken Brown Rice Summer Squash Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks & Fortune Cookie	<b>7</b> Chef Salad w/ Turkey, Hard Boiled Egg, Cheese, & Croutons Lentil Soup WW Roll w/ Butter Melon Wedge	<b>1</b> Beyond Burger on WW Bun w/ lettuce & tomato LS Baked Beans Carrot Raisin Salad Diced Cantalope
<b>11</b> Salisbury Steak w/ LS Gravy Mashed Potatoes Spinach Salad w Croutons WW Bread/ Butter Spiced Apple Slices	<b>12</b> Chicken & Cheese Enchiladas Cauliflower & Red Peppers Fiesta Cabbage Salad Spanish Rice Melon Slice	<b>13</b> Navy Bean Soup Vegetable Pasta Salad Tossed Green Salad WW Crackers Oatmeal Cookie Banana	<b>14</b> Turkey Pot Roast w LS Gravy Peas & Carrots Romaine Salad w/ Beet Garnish Rice Pilaf WW Roll w/ Butter Applesauce	<b>8</b> Mexican Beef Picadillo Stew Mexico City Rice Cauliflower Romaine Salad w/ Carrots Banana
<b>18</b> BBQ Pork w/ LS BBQ Sauce Mashed Potatoes Tossed Green Salad WW Bread w/ Butter Graham Crackers Spiced Apple Slices	<b>19</b> Chicken Alfredo Casserole Broccoli Spinach Salad WW Roll w/ Butter Banana	<b>20</b> Egg Salad w/ Lettuce Garden Vegetable Soup Spinach Salad WW Bread w/ Butter Strawberries	<b>21</b> Chicken Mole Garden Blend Vegetables Romaine Salad Spanish Rice Corn Tortilla Citrus Fruit Salad	<b>15</b> Spaghetti w/ Meatballs Broccoli Mixed Green Salad WW Roll w/ Butter Diced Pears
<b>25</b> Meatball Stroganoff w/ Noodles California Mixed Vegetables Tossed Green Salad w/ Red Cabbage WW Bread w/ Butter Applesauce	<b>26</b> Vegetarian Chili Corn Bread Steamed Carrots Romaine Salad Strawberries	<b>27</b> Baked Fish w/ Lemon Wedge Baked Potato Spinach Salad WW Bread w/ Butter Cantaloupe	<b>28</b> Beef & Cheese Soft Taco Vegetable Garden Blend Romaine Salad Mexico City Rice Pineapple Chunks	<b>22</b> New England Clam Chowder Oyster Crackers Romaine Salad Apricot Fruit Crisp Orange Juice
				<b>29</b> Turkey Divan Casserole Zucchini Mixed Green Salad Brown Rice Banana Birthday Cake

**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.**

<b>Santa Cruz</b> London Nelson Center 301 Center Street 427-0901 12pm	<b>Recursos Comunitarios</b> <b>de Live Oak</b> 1740 17th Ave. 475-7177 12:15-1:15pm	<b>Scotts Valley</b> Actualmente Cerrado No Servicio de Comida	<b>Ben Lomond</b> Highlands Park Sr. Center 8500 Hwy 9 336-5366 Medio Dia	<b>Watsonville</b> Watsonville Senior Center 114 E. Fifth St. 724-2024 11:30am	<b>Sugerencia es de \$2.50 por comida.</b>
LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	<b>LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+</b>
 Meals on Wheels FOR SANTA CRUZ COUNTY	 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD			<b>1</b> Hamburguesa Vegetariana Lechuga y Tomates Frijoles en Salsa de Tomate Ensalada de Zanahoria y Pasas Melon	
<b>4</b> <b>Feliz Fiestas Todos Los Centros Estaran Cerrados</b>	<b>5</b> Cazuela de Rigatoni Ensalada de Tres Frijoles Ensalada Mixta con Huevos Duro Panecillo Integral c/ Mantequilla Jugo de Naranja	<b>6</b> Pollo Agri dulce Zapallo de Verano Ensalada de Col Napa con Aderezo de Ajonjoli Arroz Integral Trozitos de Piña	<b>7</b> Ensalada del Chef con Pavo, Huevo Duro, Queso, y Crutones Sopa de Lentejas Panecillo Integral c/ Mantequilla Melon	<b>8</b> Picadillo Coliflor Ensalada Romana con Zanahorias Arroz Mexicano Tortilla de Maiz Plátano	<b>Por su seguridad el uso de cubrebocas es requerido antes y despues de disfrutar de sus alimentos.</b>
<b>11</b> Carne de Res c/ Salsa Baja en Sodio y Papa Molida Ensalada de Espinacas Pan Integral c/ Mantequilla Rebanadas de Manzana	<b>12</b> Enchiladas de Pollo y Queso Coliflor y Pimientos Rojos Ensalda de Col Fiesta Arroz Español Melon	<b>13</b> Sopa de Frijol Ensalada de Pasta c/ Verduras Ensalada Verde Galletas Saladas Plátano Galletas de Avena	<b>14</b> Pavo con Verduras al Horno Chicharos y Zanahorias Ensalada de Romana c/ Betabel Pilaf de Arroz Pancecillo c/ Mantequilla Pure de Manzana	<b>15</b> Espaquetis c/ Albondigas Brocoli Ensalada Mixta Panecillo c/ Mantequilla Trozitos de Pera	
<b>18</b> Carne de Puerco Papa Molida Ensalada Verde Mixta Pan Integral con Mantequilla Rebanandas de Manzana Galletas Graham	<b>19</b> Cacerola de Pasta Alfredo Brocoli Ensalada de Espinacas Pan Integral con Mantequilla Plátano	<b>20</b> Ensalada de Huevos c/ Lechuga Sopa de Verduras a la Mexicana Ensalada de Espinacas Panecillo con Mantequilla Fresas	<b>21</b> Pollo en Mole Verduras Mixtas Ensalada de Romana Arroz Español Tortilla de Maiz Ensalada de Fruta Citrica	<b>22</b> Sopa de Almejas Galletas Jugo de Naranja Ensalada Romana Pan Integral con Mantequilla Postre de Chabacano	
<b>25</b> Cacerola de Fideos y albondigas Verduras Mixtas Ensalda Mixtas Pan Integral con Mantequilla Puré de Manzanas	<b>26</b> Chili Vegetariano Zanahorias al Vapor Ensalada Romana Pan de Elote c/ Mantequilla Fresas	<b>27</b> Pescado al horno c/Limon Papa al horno Ensalada de Espinacas Pan Integral con Mantequilla Melon Cantalupo	<b>28</b> Taco de Carne de Res Suave Verduras Mixtas Ensalada Romana Arroz Mexicano Trozitos de Piña	<b>29</b> Cacerola de Pavo y Brocoli Calabacin Ensalada Mixtas Arroz Integral Plátano Pastel de cumpleaños	<b>Cada comida se sirve con 1/2 pinta de leche de 1%</b>  <b>Transporte puede estar disponible.</b>