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| <u>Santa Cruz</u> London Nelson Center 301 Center Street 427-0901 12 pm | <u>Live Oak</u> PICK-UP ONLY 1777 Capitola Rd. 475-7177 12-1pm | <u>Scotts Valley</u> Currently Closed No Meal Service Provided | <u>Ben Lomond</u> Highlands Park Sr. Center 8500 Hwy 9 336-5366 12:00 pm | <u>Watsonville</u> Watsonville Senior Center 114 E. Fifth St. 724-2024 11:30 AM |
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Contributions of \$2.50 are suggested and appreciated!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|
|  |  | 1 Beyond Burger w/ WW Bun Lettuce, Tomato, Ketchup, Mustard LS Baked Beans Carrot Raisin Salad Diced Cantaloupe | 2 Picadillo Mexican Stew Cauliflower Romaine Salad w/ Carrots Corn Tortilla Mexico City Rice Banana | 3 New England Clam Chowder Oyster Crackers Romaine Salad Apricot Fruit Crisp Orange Juice |

MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+


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| 6 Macaroni & Cheese Three Bean Salad Green Salad w/ Red Peppers WW Noodles Orange Juice | 7 Chicken Tamale Bake Black Beans Romaine Salad w/ Carrots Tangerine | 8 Split Pea Soup Vegetable Pasta Salad Mixed Green Salad WW Bread w/ Butter Banana Oatmeal Cookie | 9 Baked Fish w/ Lemon Wedge Sweet Potato Spinach Salad WW Roll w/ Butter Applesauce | 10 CLOSED WE WILL BE CLOSED ON VETERANS DAY  |
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For Your Safety masks are required before and after enjoying meal service.

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| 13 Salisbury Steak w/ LS Gravy Mashed Potatoes Green Salad w/ Red Peppers WW Bread w/ Butter Spiced Apple Slices | 14 Hearty Lima Bean Chowder Vegetable Couscous Salad Spinach Salad WW Roll/ Butter Banana | 15 Mexican Chicken Noodle Soup Pinto Beans Tossed Green Salad Corn Tortilla Tangerine | 16 Turkey w/ Gravy Stuffing & Cranberry Sauce Mashed Potatoes Fresh Mixed Vegetables WW Roll w/ Butter / Apple Juice Pumpkin Pie & Whipped Cream | 17 Salmon Patty w/ Tzatziki Sauce Cauliflower Green Salad w/ carrots Dilled Noodles Diced Pears |
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There is no obligation to contribute, contribution is voluntary, and no one will be denied participation if they are unable to contribute.

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| 20 Spaghetti w/ Meatballs Broccoli Mixed Green Salad WW Roll w/ Butter Diced Pears | 21 Chicken Pumpkin Alfredo Casserole Cauliflower Spinach Salad w/ feta cheese, dried cranberries, & pepitas WW Roll/ Butter Tangerine | 22 Beef & Cheese Soft Taco Veggie Garden Blend Romaine Salad Corn Tortilla Mexico City Rice Banana | 23 CLOSED 24 CLOSED  | |
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| 27 BBQ Pork LS Sauce Mashed Potatoes Tossed Green Salad w/ Peppers WW Bread w/ Butter / Graham Crackers Spiced Apple Slices | 28 Garbanzo Bean, Kale, Stew w/ Creamy Polenta Steamed Carrots Romaine Salad WW Roll/ Butter / Strawberries | 29 Tuna Salad w/ Lettuce & Tomato Butternut Squash Soup Romaine Salad WW Bread w/ Butter & Crackers Tangerine / Pudding Cup | 30 Chicken Enchiladas Cauliflower & Red Peppers Fiesta Cabbage Salad Spanish Rice Orange Juice |  |
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Each meal is served with a 1/2 pint of 1% milk.
Transportation may be available.

| Santa Cruz London Nelson Center 301 Center Street 427-0901 12pm | | Live Oak Para Llevar Solamente 1777 Capitola Rd. 475-7177 12-1pm | | Scotts Valley Actualmente Cerrado No Servicio de Comida | | Ben Lomond Highlands Park Sr. Center 8500 Hwy 9 336-5366 Medio Dia | | Watsonville Watsonville Senior Center 114 E. Fifth St. 724-2024 11:30am | | Sugerencia es de \$2.50 por comida. | | | |
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| LUNES | | MARTES | | MIERCOLES | | JUEVES | | VIERNES | | LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+ | | | |
|  COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD | |  Meals on Wheels FOR SANTA CRUZ COUNTY | | 1 Hamburguesa Vegetariana Lechuga y Tomates Frijoles en Salsa de Tomate Ensalada de Zanahoria y Pasas Melon | | 2 Picadillo Coliflor Ensalada con Zanahorias Arroz Mexicano Tortilla de Maiz Platano | | 3 Sopa de Almejas Galletas Ensalda de Romana Jugo de Naranja Fruta de Albaricoque Crujiente | | Por su seguridad el uso de cubrebocas es requerido antes y despues de disfrutar de sus alimentos. | | | |
| 6 Macarrones y Queso Ensalada de Tres Frijoles Ensalada Verde c/ Pimiento Jugo de Naranja | | 7 Cacerola de Tamale con Pollo Frijoles Negros Ensalada con Zanahorias Mandarina | | 8 Sopa de Chicharos Ensalada de Pasta Ensalada Verde Pan Integral c/ Mantequilla Platano Galleta de Avena | | 9 Pescado al Horno con Limon Camote al Horno Ensalada Espinacas Pan Integral c/ Mantequilla Puré de Manzanas | | 10 CERRADO  | | | | No hay obligacion de contribuir, contribuciones son de voluntad y a nadie se le negara participacion si no puede contribuir. | |
| 13 Pastel de Carne Papa Molida Ensalada Verde c/ Pimiento Rojo Pan c/ Mantequilla Rebanadas de Manzana al Horno | | 14 Sopa de Frijoles de Lima Ensalada de Couscous Ensalada Espinacas Pan Integral c/ Mantequilla Platano | | 15 Sopa de Pollo con Fideos Frijoles Pintos Ensalada Verde Tortilla de Maiz Mandarina | | 16 Pavo c/ Relleno y Salsa de Arandano / Verduras Mixtas Papa Molida Jugo de Manzana Pan c/ Mantequilla Pay de Calabaza | | 17 Croqueta de Salmon c/ Tzatziki Coliflor Ensalada con Zanahorias Vestido de Fideos Trozos de Pera | | | | | |
| 20 Espaquetis c/ Albondigas Brocoli Ensalada Mixta Pan Integral c/ Mantequilla Trozos de Pera | | 21 Cacerola de Pasta Alfredo con Pollo y Calabaza Coliflor / Mandarina Ensalada Espinacas con Queso Feta, Pepitas y Afrandanos Secos Pan Integral c/ Mantequilla | | 22 Taco de Carne de Res Suave Frijoles Negros Verduras Mixtas Ensalda de Romana Arroz Estilo Mexico Platano | | 23 CERRADO  | | 24 CERRADO | | Cada comida se sirve con 1/2 pinta de leche de 1% Transporte puede estar disponible. | | | |
| 27 Carne de Puerco c/ Salsa de Barbacoa / Papa Molida Ensalada Verde c/ Pimiento Pan Integral con Mantequilla Rebanadas de Manzana al Horno | | 28 Garbanzo, Estofado de Col Rizada con Polenta Cremosa Zanahorias al Vapor Ensalada Romana / Fresas Pan Integral con Mantequilla | | 29 Ensalada de Atun c/ Lechuga y Tomat Sopa de Calabaza Ensalada Romana Pan Integral con Mantequilla Manadrina / Pudín | | 30 Enchiladas de Pollo Coliflor con Pimientos Ensalda de Col Fiesta Arroz Mexicano Jugo de Naranja | |  | | | | Cada comida se sirve con 1/2 pinta de leche de 1% Transporte puede estar disponible. | |