

<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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	 <b>Meals on Wheels</b> FOR SANTA CRUZ COUNTY		<b>1</b> Sliced Turkey with Mushroom Gravy Veggie Garden Blend Romaine Salad Barley Pilaf / WW Roll w/ Butter Citrus Fruit Salad	<b>2</b> Vegetarian Lasagna Broccoli Caesar Salad w/ Garbanzo Beans WW Roll w/ Butter Orange Juice No 1/2 Pint Milk Served w/ Meal
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**MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+**

<b>5</b> Crab Cakes w/ Lemon Wedge Herbed Cauliflower Romaine Salad Pesto Noodles Banana	<b>6</b> Potato Kale & Cheese Enchilada Refried Beans Green Salad w/ Carrots Mexico City Rice Tangerine	<b>7</b> Chicken Salad Vegetable Barley Soup Green Salad w Red Peppers WW Bread w/ Butter WW Crackers Citrus Fruit Salad	<b>8</b> Hearty Lima Bean Chowder Couscous Vegetable Salad Spinach Salad WW Roll w/ Butter Diced Peaches	<b>9</b> Sweet & Sour Chicken w/ Brown Rice Napa Cabbage Salad w/ Sesame Dressing Wonton Soup Pineapple Chunks / Fortune Cookie
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**COMMUNITY BRIDGES**  
 PUENTES DE LA COMUNIDAD

<b>12</b> Rigatoni Casserole Mixed Green Salad w/ Hard Boiled Egg Three Bean Salad WW Roll w/ Butter Orange Juice/ No Milk Served w Meal	<b>13</b> Mexican Chicken Noodle Soup Pinto Beans Tossed Green Salad Corn Tortilla Citrus Fruit Salad Pudding	<b>14</b> Chicken Florentine w/ Mushroom Sauce Pickled Beets Tossed Green Salad Brown Rice Grape Juice & Valentine Dessert	<b>15</b> New England Clam Chowder Cauliflower Romaine Salad Oyster Crackers Apricot Fruit Crisp	<b>16</b> Shepard's Pie w/ Mashed Potatoes & Vegetables Green Salad WW Roll w/ Butter Applesauce
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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.**

<b>19</b> <b>CLOSED</b> 	<b>20</b> Meatloaf w LS Gravy Mashed Potatoes Tossed Green Salad w/ Red Bell Peppers WW Roll w/ Butter Pears	<b>21</b> Vegetarian Chili Broccoli Romaine Salad Cornbread w/ Butter Banana	<b>22</b> Baked Fish w/ Tartar Sauce Diced Sweet Potato Spinach Salad WW Bread w/ Butter Graham Crackers Applesauce	<b>23</b> Meatball Stroganoff over Wide Noodles Mixed Vegetables Green Salad w Red Cabbage WW Bread w/ Butter Tangerine / Birthday Cake!
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<b>26</b> BBQ Pork w/ LS BBQ Sauce Mashed Potatoes Coleslaw Spiced Apple Slices WW Bread w/ Butter	<b>27</b> Turkey Stew Romaine Salad Pickled Beets WW Biscuit Orange Juice	<b>28</b> Beef & Cheese Soft Taco Veggie Garden Blend Romaine Salad Mexico City Rice Banana	<b>29</b> Three Bean Minestrone Soup Vegetable Couscous Salad Mixed Green Salad WW Roll w/ Butter Tangerine Pudding	 <b>LIFT LINE</b> COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD
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**Each meal is served with a 1/2 pint of 1% milk.**

**Transportation may be available.**

<b>Santa Cruz</b>	<b>Recursos Comunitarios</b>	<b>Scotts Valley</b>	<b>Ben Lomond</b>	<b>Watsonville</b>	<b>Sugerencia es de \$2.50 por comida.</b>
London Nelson Center 301 Center Street 427-0901 12pm	<b>de Live Oak</b> 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	
<b>LUNES</b>	<b>MARTES</b>	<b>MIERCOLES</b>	<b>JUEVES</b>	<b>VIERNES</b>	<b>LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+</b>
	 <b>Meals on Wheels</b> FOR SANTA CRUZ COUNTY		<b>1</b> Rebanada de Pavo con Salsa de Hongos Verduras Mixtas Ensalda de Romana Pilaf de Cebada / Panecillo c/ Mantequilla Ensalada de Fruta Citrica	<b>2</b> Lasaña Vegetarianos Brocoli Ensalada Cesar con Garbanzos Panecillo con Mantequilla Jugo de Naranja No 1/2 Pinta de Leche	
<b>5</b> Pastel de Cangrejo Coliflor con Hierbas Ensalada Romana Fideos de Pesto Platano	<b>6</b> Enchilada de Col Rizado c/ Papa y Queso Frijoles Refritos Ensalada Verde c/ Zanahorias Arroz Mexicano Mandarina	<b>7</b> Ensalada de Pollo Sopa de Cebada Vegetal Ensalada Verde c/ Pimiento Rojo Pan Integral c/ Mantequilla Galletas Integral Ensalada de Fruta	<b>8</b> Sopa de Habas Ensalada de Verduras Couscous Ensalada de Espinacas Panecillo Integral c/ Mantequilla Melocotones	<b>9</b> Pollo Agridulce c/ Arroz Integral Ensalada de Col Napa c/ Aderezo de Ajonjoli Sopa Wonton Trozos de Piña Galletas de la Fortuna	 <b>COMMUNITY BRIDGES</b> PUENTES DE LA COMUNIDAD
<b>12</b> Cacerola de Fideos Ensalada de Verduras Mixtas c/ Huevo Cocido Ensalada de 3 Frijoles Panecillo c/ Mantequilla Jugo de Naranja/ No Leche	<b>13</b> Sopa de Pollo con Fideos Frijoles Pintos Ensalada Verde Tortilla de Maiz Ensalada de Fruta Pudin	<b>14</b> Pollo Florentino c/ Salsa de Hongos Remolacha en Escabeche Ensalada Verde Arroz Integral Jugo de Uva Postre de San Valentin	<b>15</b> Sopa de Almejas Galletas Ensalda de Romana Coliflor Fruta de Albaricoque Crujiente	<b>16</b> Pastel de Shepherd w/ Pure de Patatas y Verdura Ensalada Verde Panecillo Integral c/ Mantequilla Pure de Manzana	
<b>19</b> <b>Feliz dia de Fiesta</b> <b>Todos Los Centros</b> <b>Estaran Cerrados</b>	<b>20</b> Carne de Puerco c/ Salsa de Barbacoa Papa Molida Ensalada Verde c/ Pimiento Rojo Pan Integral c/ Mantequilla Pera	<b>21</b> Frijoles Vegetarianos Brocoli Ensalada Romana Pan de Elote c/ Mantequilla Platano	<b>22</b> Pescado al Horno c/ Salsa Tartar Camote al Horno Ensalada Espinacas Pan Integral c/ Mantequilla Galletas Graham Pure de Manzana	<b>23</b> Albondiga Stroganoff con Fideos Anchos Mixta Verduras Ensalada Verde c/ Repollo Morado Pan Integral c/ Mantequilla Mandarina / Pastel de Cumpleaños!	
<b>26</b> Carne de Puerco con Salsa de Barbacoa Papa Molida Ensalada de Col Pan Integral c/ Mantequilla Rebanadas de Manzana al Horn	<b>27</b> Estofado de Pavo Ensalada Romana Remolacha en Escabeche Salado de Panecillo Jugo de Naranja	<b>28</b> Taco de Carne de Res Suave Verduras Mixtas Ensalda de Romana Arroz Estilo Mexico Platano	<b>29</b> Sopa de Minestrone de Tres Frijoles Ensalada de Couscous Ensalda Mixtas Panecillo Integral c/ Mantequilla Mandarina Pudin	 <b>LIFT LINE</b> COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD	<b>Cada comida se sirve con 1/2 pinta de leche de 1%</b>
<b>COMIDAS SOBRE RUEDAS PARA EL CONDADO DE SANTA CRUZ   1777A CAPITOLA RD.   SANTA CRUZ, CA   95062   COMMUNITYBRIDGES.ORG/MEALSONWHEELS</b>					<b>Transporte puede estar disponible.</b>