





APRIL 2024 | Senior Dining Centers

Santa Cruz		Live Oak		Scotts Valley		Ben Lomond		Watsonville		Contributions of \$2.50 are suggested and appreciated!
London Nelson Center 301 Center Street 427-0901 12 pm		PICK-UP ONLY 1777 Capitola Rd. 475-7177 12-1pm		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		 <p>MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+</p> <p>There is no obligation to contribute, contribution is voluntary, and no one will be denied participation if they are unable to contribute.</p> <p>Each meal is served with a 1/2 pint of 1% milk.</p> <p>Transportation may be available.</p>
1 Happy Holiday All Centers Will Be Closed		2 Baked Fish w/ Tartar Sauce Mixed Vegetables Spinach Salad Dill Noodles Applesauce		3 Chicken Enchiladas Cauliflower w/ Peppers Fiesta Cabbage Salad Spanish Rice Banana		4 Sliced Turkey w/ Mushroom Gravy Garden Blend Vegetables Romaine Salad Barley Pilaf/WW Roll & Butter Citrus Fruit Salad		5 Vegetarian Lasagna Broccoli Ceasar Salad w/ Garbanzo Beans WW Roll & Butter Orange Juice		
8 Crab Cakes w/ Lemon Wedge Herbed Cauliflower Romaine Salad Pesto Noodles Banana		9 Sloppy Joes Succotash Romaine Salad w/ Carrots WW Bun Orange Juice		10 Chicken Tortilla Soup Corn w/ Peppers Mixed Green Salad Mexican Rice Apple		11 Sweet & Sour Chicken w/ Rice Wonton Soup Napa Cabbage Salad w/ Sesame Dressing Fortune Cookie Pineapple Chunks		12 Hearty Lima Bean Chowder Couscous Vegetable Salad Spinach Salad WW Roll & Butter Diced Peaches		
15 Rigatoni Casserole Mixed Green Salad w/ Hard Boiled Egg Three Bean Salad WW Roll & Butter Orange Juice		16 Southwest Shrimp Pasta Salad Mexican Vegetable Soup Fiesta Cabbage Salad WW Roll Citrus Fruit Salad		17 Shepherd's Pie w/ Mashed Potatoes & Vegetables Green Salad WW Roll Applesauce		18 Vegetarian Chili Broccoli Romaine Salad WG Cornbread w/ Butter Banana		19 Green Bean Chicken w/ Rice Vegetable Chow Mein Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks		
22 Meatloaf w/ LS Gravy Mashed Potatoes Tossed Green Salad w/ Red Pepper WW Roll & Butter Graham Crackers Pears		23 Egg Salad LS Roasted Tomato Soup Mixed Green Salad WW Bread Tangerine		24 Beef & Cheese Soft Taco Garden Blend Vegetables Romaine Salad Mexico City Rice Banana		25 Chicken Alfredo Casserole Italian Green Beans Spinach Salad WW Roll & Butter Orange		26 BBQ Chicken Thigh Cauliflower Au Gratin Sautéed Kale Greens Brown Rice Pilaf Plum Birthday Cake		
29 BBQ Pork w/ LS BBQ Sauce Mashed Potatoes Coleslaw WW Bread & Butter Spiced Apple Slices		30 Lentil Soup w/ Crackers Vegetable Pasta Salad Tomato Cucumber Salad Banana								

ABRIL 2024 | Centros Comedores

Santa Cruz		Live Oak	Scotts Valley	Ben Lomond	Watsonville	Sugerencia es de \$2.50 por comida.
London Nelson Center 301 Center Street 427-0901 12pm		Para Llevar Solamente 1777 Capitola Rd. 475-7177 12-1pm	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	 <p>COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD</p>	
1 Feliz Fiestas Todos Los Centros Estaran Cerrados	2 Pescado al Horno c/ Salsa Tartar Verduras Mixtas Ensalada de Espinacas Fideos de Eneldo Pure de Manzana	3 Enchiladas de Pollo Coliflor c/ Pimientos Rojo Ensalada de Col Fiesta Arroz Español/ Tortilla de Maiz Platano	4 Rebanada de Pavo c/ Salsa de Hongas Verduras Mixtas Ensalada de Romana Pilaf de Cebada/ Panecillo c/ Mantequilla Ensalada de Fruta Citrica	5 Lasaña Vegetarianos Brocoli Ensalada Cesar con Garbanzos Panecillo con Mantequilla Jugo de Naranja		
8 Pastel de Cangrejo c/ Limon Coliflor con Hierbas Ensalada de Romana Fideos de Pesto Platano	9 Hamburgueso de Carne Molida Habas con Elotes Ensalada Romana c/ Zanahorias Pan Integral Jugo de Naranja	10 Sopa de Tortilla Elote con Pimientos Ensalada Mixta Arroz Mexicanos Manzana	11 Pollo Agridulce c/ Arroz Integral Sopa Wonton Ensalada de Col Napa c/ Aderezo de Aionjoli Galletas de la Fortuna Trozos de Piña	12 Sopa de Habas Ensalada de Verduras Couscous Ensalada de Espinacas Panecillo con Mantequilla Melocotones		
15 Cacerola de Fideos Ensalada Mixta c/ Huevo Cocido Ensalada de Tres Frijoles Panecillo con Mantequilla Jugo de Naranja	16 Ensalada de Pasta con Camaron Sopa de Verduras a la Mexicana Ensalada de Col Fiesta Panecillo c/ Mantequilla Ensalada de Fruta Citrica	17 Pastel de Shepherd c/ Pure de Patatas y Verduras Ensalada Verde Panecillo con Mantequilla Pure de Manzana	18 Frijoles Vegetarianos Brocoli Ensalada de Romana Pan de Elote con Mantequilla Platano	19 Pollo con Ejotes y Arroz Fideos con Verdura Ensalada de Col Napa c/ Aderezo de Aionjoli Trozos de Piña		
22 Pastel de Carne c/ Salsa Baja en Sodio Papa Molida Ensalada Verde c/ Pimiento Rojo Panecillo/ Galletas Graham Peras	23 Ensalada de Huevos Sopa de Tomate Asado Baja en Sodio Ensalada Mixta Pan Integral Mandarina	24 Taco de Carne Res Suave Verduras Mixtas Ensalada Romana Arroz Mexicanos Platano	25 Cacerola de Pasta Alfredo Ejotes Estilo Italiano Ensalada de Espinacas Panecillo con Mantequilla Naranja	26 Pollo al Horno c/ Salsa Barbacoa Coliflor con Salsa de Queso Pilaf de Arroz Ciruela Pastel de Cumpleaños		
29 Carne de Puerco c/ Salsa de Barbacoa Baja en Sodio Papa Molida Ensalada de Col Pan Integral con Mantequilla Manzana Especiada	30 Sopa de Lentejas c/ Galletas Ensalada de Pasta c/ Verduras Ensalada de Tomate y Pepino Platano	 <p>Meals on Wheels FOR SANTA CRUZ COUNTY</p>   <p>LIFT LINE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD</p>				