





# MARCH 2024 | Senior Dining Centers

<b>Santa Cruz</b>		<b>Live Oak Family Resource Center</b>		<b>Scotts Valley</b>		<b>Ben Lomond</b>		<b>Watsonville</b>		<b>Contributions of \$2.50 are suggested and appreciated!</b>
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		
		<i>Happy St. Patrick's Day!</i>						<b>1</b> Salmon Patty w/ Tzatziki Sauce Roasted Sweet Potatoes Green Salad w. Feta WW Roll w/ Butter Diced Pears		
<b>4</b> Spaghetti w/ Meatballs Broccoli Mixed Green Salad WW Roll w/ Butter Applesauce		<b>5</b> Chicken Pozole Cauliflower w/ Peppers Romaine Salad w/ Carrots Spanish Rice Tangerine		<b>6</b> Baked Fish w/ Tartar Sauce Baked Potato w/ Sour Cream Spinach Salad WW Bread w/ Butter Orange Juice		<b>7</b> Turkey Divan Casserole Zucchini Mixed Green Salad Brown Rice Banana		<b>8</b> Pizza Mixed Vegetables Caesar Salad Pears		
<b>11</b> Salisbury Steak w/ LS Gravy Mashed Potatoes Green Salad w/ Red Peppers WW Bread w/ Butter Spiced Apple Slices		<b>12</b> Lemon Chicken Carrots Steamed Bok Choy Brown Rice Pineapple Chunks		<b>13</b> Macaroni & Cheese Three Bean Salad Green Salad w/ Red Peppers Banana		<b>14</b> Albonidigas Soup Mixed Vegetables Green Salad WW Cornbread w/ Butter Tangerine		<b>15</b> Corned Beef Sandwich Pot of Gold Soup Blarney Slaw Rye Bread Fruited Lime Jello		<b>MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS FOR ADULTS 60+</b>
<b>18</b> Chicken Parmesan w/ Risotto Broccoli Green Salad WW Roll w/ Butter Tangerine		<b>19</b> Split Pea Soup Vegetable Quinoa Salad Mixed Green Salad WW Bread w/ Butter Berry Fruit Crisp		<b>20</b> Mexican Stew Cauliflower Romaine Salad w/ Carrots Mexican Rice Banana		<b>21</b> Quiche Roasted Potatoes Mixed Green Salad w/ Carrots WW Bread w/ Butter Fruit Cup		<b>22</b> Tuna Salad Butternut Squash Soup Romaine Salad WW Bread & Crackers Orange Juice Pudding		
<b>25</b> BBQ Pork w/ LS BBQ Sauce Mashed Potatoes Green Salad w/ Red Peppers WW Bread w/ Butter Graham Crackers Spiced Apple Slices		<b>26</b> Chicken Breast w/ Wine Sauce Bunny Baby Carrots Celebration Salad WW Roll w/ Butter Orange Juice		<b>27</b> Beef & Lentil Stew Zucchini Mixed Green Salad WW Biscuit w/ Butter Tangerine		<b>28</b> Tamale Verde Chicken Bake Black Beans Romaine Salad w/ Carrots Citrus Fruit Salad		<b>29</b> Navy Bean Soup Vegetable Pasta Salad Tossed Green Salad WW Crackers Banana Birthday Cake		<b>There is no obligation to contribute, contribution is voluntary, and no one will be denied participation if they are unable to contribute.</b>
<b>Each meal is served with a 1/2 pint of 1% milk.</b>										
<b>Transportation may be available.</b>										

# marzo 2024 | Centros Comedores

<b>Santa Cruz</b>		<b>Recursos Comunitarios de</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>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>1</b> Croqueta de Salmon c/ Tzatziki Camote Asado Ensalada Verde c/ Feta Panecillo c/ Mantequilla Peras Cortadas		
<b>4</b> Espaguetis c/ Albondigas Brocoli Ensalada Verde Panecillo c/ Mantequilla Galleta Integral Pure de Manzana	<b>5</b> Pozole de Pollo Coliflor c/ Pimientos Rojo Ensalada Romana c/ Zanahoria Arroz Español Mandarina	<b>6</b> Pescado al Horno c/ Salsa Tartar Papa Horneada c/ Crema Agria Ensalada de Espinacas Pan Integral c/ Mantequilla Jugo de Naranja	<b>7</b> Cacerola de Pava y Brocoli Calabacin Ensalada Verde Arroz Integral Plantano	<b>8</b> Pizza Ensalada de Frijoles Ensalada Cesar Pera	<b>LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+</b>	
<b>11</b> Carne de Res c/ Salsa Baja en Sodio Papa Molida Ensalada Verde c/ Pimiento Rojo Pan Integral c/ Mantequilla Manzana Especiada	<b>12</b> Pollo Enlimonado Zanahorias Bok Choy al Vapor Arroz Integral Trozitos de Piña	<b>13</b> Macarrones con Queso Ensalada de Tres Frijoles Ensalada Verde c/ Pimientos Rojo Plantano	<b>14</b> Sopa de Albondigas Verduras Mixta Ensalada Verde Pan de Elote c/ Mantequilla Mandarina	<b>15</b> Sandwich de Carne en Conserva Sopa de Crema de Papas Ensalada de Col Pan de Centeno Gelatina de Lima con Frutas		
<b>18</b> Pollo Parmesano c/ Risotto Brocoli Ensalada Verde Panecillo c/ Mantequilla Mandarina	<b>19</b> Sopita de Chicharos Ensalada de Couscous/Verduras Ensalada Mixta Pan Integral c/ Mantequilla Postre de Fruta	<b>20</b> Picadillo c/ Tortilla de Maiz Coliflor Ensalada Romana c/ Zanahorias Arroz Mexicano Plantano	<b>21</b> Quiche Patatas Asadas Ensalada Mixta c/ Zanahorias Pan Integral c/ Mantequilla Fruta en Almibar	<b>22</b> Ensalada de Atun Sopa de Calabaza Ensalada Romana Pan Integral y Galletas Saladas Jugo de Naranja Pudin		
<b>25</b> Carne de Puerco c/ Salsa Barbacoa Papa Molida Ensalada Verde c/ Pimiento Rojo Galletas Graham Manzana Especiada	<b>26</b> Pechuga de Pollo c/ Salsa de Vino Ensalada de Celebracion Panecillo c/ Mantequilla Jugo de Naranja	<b>27</b> Estofado de Carne Res y Lentejas Ensalada Mixta Salado de Panecillo c/ Mantequilla Mandarina	<b>28</b> Tamale Verde de Pollo Ensalada Romana c/ Zanahoria Ensalada de Fruta	<b>29</b> Sopa de Frijol Ensalada Verde Galletas Saladas Plantano Pastel de Cumpleaños	<b>Cada comida se sirve con 1/2 pinta de leche de 1%</b>	
					<b>Transporte puede estar disponible.</b>	