
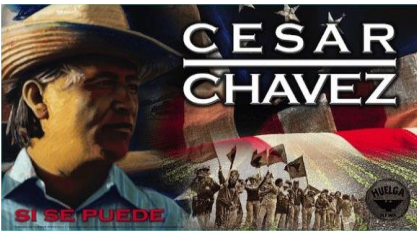




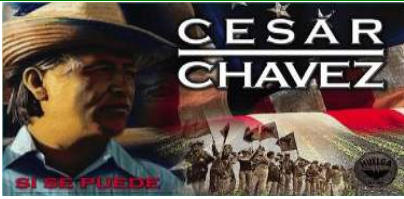





MARCH 2025 | Senior Dining Centers

Santa Cruz		Live Oak				Ben Lomond		Watsonville		Please call the dining site of your choice to make reservations the day before you plan to attend.
London Nelson Center 301 Center Street 427-0901 12 pm		Live Oak Senior Center 1777 Capitola Rd. 475-7177 12-1pm				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		Contributions of \$3.50 are suggested and appreciated!
3 Crab Cakes w/ Lemon Wedge Herbed Cauliflower Romaine Salad w/ Carrots Pesto Noodles Apple Slices		4 Chicken Mole Pinto Beans Green Salad Mexican Rice & Corn Tortilla Orange Juice		5 Tuna Noodle Casserole Spinach Salad Whole Wheat Bread & Butter Tangerine		6 Beef & Lentil Stew Zucchini Green Salad w/ Red Peppers Whole Wheat Biscuit & Butter Banana		7 Pizza Three Bean Salad Caesar Salad Fruit Cup		
10 Salisbury Steak w/ Low Sodium Gravy Mashed Potatoes Green Salad w/ Red Pepper Whole Wheat Bread & Butter Spiced Apple Slices		11 Eggplant Parmesan Three Bean Salad Green Salad w/ Hard Boiled Egg Whole Wheat Roll & Butter Orange Juice		12 Chicken Pozole Zucchini Mixed Green Salad Spanish Rice Apple Vanilla Pudding		13 Turkey Burger w/Lettuce & Tomato Coleslaw Potato Wedges Whole Grain Bun Berry Crisp		14 Hearty Lima Bean Chowder Couscous Vegetable Salad Spinach Salad Whole Wheat Roll & Butter Banana		
17 Corned Beef Sandwich Pot of Gold Soup Blarney Slaw Rye Bread Orange Juice Shamrock Fruited Lime Jello		18 Green Bean Chicken w/ Rice Vegetable Chow Mein Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks Fortune Cookie		19 Potato, Kale & Cheese Enchilada Refried Beans Romaine Salad w/ Carrots Mexico City Rice Tangerine		20 Egg Salad w/ Lettuce Minestrone Soup Spinach Salad w/ Red Pepper Whole Wheat Bread Crackers Apple		21 Baked Fish w/ Lemon Wedge Sweet Potato Green Salad Whole Wheat Roll & Butter Diced Pears		
24 Meatball Stroganoff over Wide Noodles California Mixed Vegetables Green Salad w/ Red Cabbage Whole Wheat Roll & Butter Peaches		25 Navy Bean Soup Vegetable Pasta Salad Green Salad w/ French Dressing Whole Wheat Crackers Banana		26 Turkey Divan Casserole Steamed Carrots Mixed Green Salad Whole Wheat Roll & Butter Citrus Fruit Salad		27 Beef and Cheese Soft Taco Vegetable Garden Blend Romaine Salad Mexico City Rice Orange		28 Salmon Patty w/ Tzatziki Sauce Green Beans Spinach Salad w/ Carrots Dill Noodles Pears Birthday Cake		
31 CLOSED Happy Holiday All Centers Will Be Closed				 *Represents High Sodium		 Meals on Wheels FOR SANTA CRUZ COUNTY				
MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTER FOR ADULTS 60+										
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.										

MARZO 2025 | Centros Comedores

Santa Cruz London Nelson Center 301 Center Street 427-0901 12pm		Live Oak Live Oak Senior Center 1777 Capitola Rd. 475-7177 12-1pm		 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		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		Favor de llamar a centro que guste para hacer su reservacion un dia antes del dia que piensa asistir al centro.	
LUNES		MARTES		MIERCOLES		JUEVES		VIERNES		Sugerencia es de \$3.50 por comida.	
2 Pastel de Cangrejo c/ Limon Coliflor con Hierbas Ensalada Romana c/ Zanahorias Fideos al Pesto Rodajas de Manzana		3 Mole de Pollo Frijoles Pintos Ensalada Verde Arroz Mexicano Tortilla de Maíz Jugo de Naranja		4 Cacerola de Fideos c/ Atún Ensalada de Espinacas Pan Integral & Mantequilla Mandarina		5 Caldo de Carne de Res y Lentejas Calabaza Ensalada Verde c/ Pimiento Rojo Salado de Panecillo & Mantequilla Platano		6 Pizza Ensalada de Tres Frijoles Ensalada Cesar Taza de Fruta			
9 Carne de Res c/ Salsa Bajo en Sodio Puré de Papa Ensalada Verde c/ Pimiento Rojo Pan Integral & Mantequilla Manzana Especiada		10 Berenjena a la Parmesana Ensalada de Tres Frijoles Ensalada Mixta c/ Huevo Cocido Panecillo Integral & Mantequilla Jugo de Naranja		11 Pollo Pozole Calabaza Ensalada Mixta Arroz Español Manzana Pudin de Vainilla		12 Hamburguesa de Pavo c/ Lechuga y Tomate Ensalada de Repollo Cuña de Papas Bollo Integral Fruta Crujiente		13 Sopa de Habas Ensalada de Verduras y Couscous Ensalada de Espinacas Panecillo Integral & Mantequilla Platano			
16 Sándwich de Carne en Conserva Sopa de Crema de Papas Ensalada de Repollo Pan de Centeno Jugo de Naranja Gelatina de Lima con Frutas		17 Pollo con Ejotes y Arroz Fideos con Verduras Ensalada de Repollo Napa c/ Aderezo de Sésamo Trozos de Piña Galletas de La Fortuna		18 Enchiladas de Papa, Col Rizada y Queso Frijoles Refritos Ensalada Romana c/ Zanahorias Arroz Mexicano Mandarina		19 Ensalada de Huevos c/ Lechuga Sopa Minestrone Ensalada de Espinacas c/ Pimiento Rojo Pan Integral y Galletas Integral Manzana		20 Pescado al Horno c/ Cuña de Limón Camote Ensalada Verde Panecillo Integral & Mantequilla Trozos de Pera			
23 Albondiga Stroganoff c/ Fideos Verduras Mixtas de California Ensalada Verde c/ Repollo Rojo Panecillo Integral & Mantequilla Duraznos		24 Sopa de Frijoles Blancos Ensalada de Pasta y Verduras Ensalada Verde c/ Aderezo Francés Galletas Integral Platano		25 Cacerola de Pavo y Brócoli Zanahorias al Vapor Ensalada Verde Panecillo Integral y Mantequilla Ensalada de Fruta Citrica		26 Taco de Carne de Res y Queso Verduras Mixtas Ensalada Romana Arroz Mexicano Naranja		27 Croqueta de Salmon c/ Tzatziki Ejotes Ensalada de Espinacas c/ Zanahoria Fideos de Eneldo Peras Pastel de Cumpleaños			
31 CERRADO Feliz Fiestas Todos Los Centros Estarán Cerrados				 * Representa Alto en Sodio		 Meals on Wheels FOR SANTA CRUZ COUNTY				No hay obligacion de contribuir, contribuciones son de voluntad y a nadie se le negara participacion si no puede contribuir.	
										Cada comida se sirve con 1/2 pinta de leche de 1%	
										Transporte puede estar disponible.	