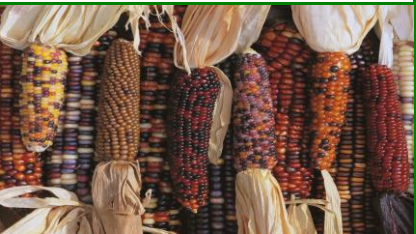




<u>Santa Cruz</u> London Nelson Center 301 Center Street 427-0901 12 pm		<u>Live Oak</u> Live Oak Senior Center 1777 Capitola Rd. 475-7177 12-1pm		 COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD		<u>Ben Lomond</u> Highlands Park Sr. Center 8500 Hwy 9 336-5366 12:00 pm		<u>Watsonville</u> Watsonville Senior Center 114 E. Fifth St. 768-3279 11:30 AM		Please call the dining site of your choice to make reservations the day before you plan to attend.	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Contributions of \$3.50 are suggested and appreciated!	
 Meals on Wheels FOR SANTA CRUZ COUNTY								 * Represents Vegetarian *Represents High Sodium			
3 Meatloaf with Low Sodium Gravy Mashed Potatoes Tossed Salad w/ Red Pepper Whole Wheat Bread & Butter Graham Crackers Spiced Apple Slices		4 New England Clam Chowder Oyster Crackers Cucumber Slices Romaine Salad Whole Wheat Roll & Butter Strawberry Fruit Crisp		5 Stir Fry Chicken w/ Low Sodium Soy Sauce Broccoli Sesame Carrots & Snow Peas Brown Rice Pineapple Chunks/Fortune Cookies		6 Baked Fish w/ Lemon Wedge Sweet Potato Romaine Salad Whole Wheat Roll Orange Juice		7 Vegetable Frittata Roasted Potatoes Green Salad w/ Kidney Beans Whole Wheat Pumpkin Muffin Banana		MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTER FOR ADULTS 60+	
10 Salmon Burger w/ Lettuce & Tomato Potato Wedges Green Salad w/ Kidney Beans Whole Wheat Bun Orange Juice		11 CLOSED Happy Holiday All Centers Will Be Closed		12 Hearty Lima Bean Chowder Couscous Vegetable Salad Spinach Salad Whole Wheat Roll & Butter Banana		13 Chicken Enchilada Casserole Zucchini Spinach Salad w/ Carrots Spanish Rice Sliced Pears		14 Turkey Stew Peas & Mushrooms Coleslaw Whole Wheat Biscuit & Butter Banana			
17 Macaroni and Cheese Broccoli Three Bean Salad Whole Wheat Roll & Butter Fruit Juice *No 1/2 Pint Milk Served		18 Meatball Soup Zucchini Romaine Salad w/ Hard Boiled Egg Whole Grain Cornbread & Butter Orange		19 Navy Bean Soup Vegetable Pasta Salad Green Salad w/ Dressing Whole Wheat Crackers Banana		20 Happy Thanksgiving! Turkey w/ Gravy, Stuffing & Cranberry Sauce Fresh Mixed Vegetables Mashed Potatoes Whole Wheat Roll & Butter Pumpkin Pie, Apple Juice		21 Crab Cakes w/ Lemon Wedge Herbed Cauliflower Romaine Salad w/ Carrots Pesto Noodles Apple Slices			
24 Meatball Stroganoff over Wide Noodles California Mixed Vegetables Green Salad w/ Red Cabbage Whole Wheat Roll & Butter Peaches		25 Chicken and Cheese Taco Garden Blend Vegetables Romaine Salad Mexico City Rice Apple		26 Tuna Salad w/ Lettuce Butternut Squash Soup Spinach Salad w/ Tomatoes Whole Wheat Bread & Crackers Banana Birthday Cake		27 CLOSED Happy Holiday All Centers Will Be Closed		28 CLOSED Happy Holiday All Centers Will Be Closed		Each meal is served with a 1/2 pint of 1% milk.	
										Transportation may be available.	
MEALS ON WHEELS FOR SANTA CRUZ COUNTY 1777A CAPITOLA RD. SANTA CRUZ, CA 95062 COMMUNITYBRIDGES.ORG/MEALSONWHEELS											

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. 768-3279 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.	
 Meals on Wheels FOR SANTA CRUZ COUNTY								 *Representa Vegetariano  *Representa Alto in Sodio			
3 Pastel de Carne c/ Salsa Baja en Sodio Puré de Papa Ensalada Verde c/ Pimiento Rojo Pan Integral/ Galletas Graham Manzana Especiada		4 Sopa de Almejas de Nueva Inglaterra Rebanadas de Pepino Ensalada Romana Panecillo Integral & Mantequilla Galletas de Ostras Crujiente de Fruta de Fresa		5 Pollo Refrito c/ Salsa de Soya Baja en Sodio Brócoli Zanahorias y Chicharos c/ Sésamo Arroz Integral Trozos de Piña/Galletas de la Fortuna		6 Pescado al Horno c/ Cuña de Limón Camote Ensalada Romana Panecillo Integral Jugo de Naranja		7 Fritata de Verduras Papas Asadas Ensalada Verde c/ Frijoles Rojos Panqué de Calabaza Platano		LAS COMIDAS SON SERVIDAS DE LUNES A VIERNES EN LOS CENTROS ABIERTOS PARA ADULTOS 60+	
10 Croqueta de Salmon c/ Lechuga y Tomate Cuñas de Papas Ensalada Verde c/ Frijoles Rojos Bollo Integral Jugo de Naranja		11 CERRADO Feliz Fiestas Todos Los Centros Estarán Cerrados		12 Sopa de Habas Ensalada de Verduras y Couscous Ensalada de Espinacas Panecillo Integral & Mantequilla Platano		13 Cacerola de Echiladas de Pollo Calabaza Ensalada de Espinacas y Zanahorias Arroz Español Peras		14 Caldo de Pavo Chicharos y Hongas Ensalada de Repollo Salado de Panecillo y Mantequilla Platano			
17 Macarrones con Queso Brócoli Ensalada de Tres Frijoles Panecillo Integral & Mantequilla Jugo de Fruta *No 1/2 Pinta de Leche Servida		18 Sopa de Albondigas Calabaza Ensalada Romana c/ Huevo Cocido Pan de Elote y Mantequilla Naranja		19 Sopa de Frijoles Blancos Ensalada de Pasta y Verduras Ensalada Verde c/ Aderezo Galletas Integral Platano		20 ¡Feliz Dia de Dar Gracias! Pavo c/ Salsa, Relleno y Salsa de Arándano Verduras Frescas Mixtas Puré de Papa Panecillo & Mantequilla Pastel de Calabaza, Jugo de Manzana		21 Pastel de Cangrejo c/ Limon Coliflor con Hierbas Ensalada Romana c/ Zanahorias Fideos al Pesto Rodajas de Manzana			
24 Albondiga Stroganoff c/ Fideos Verduras Mixtas de California Ensalada Verde c/ Repollo Rojo Panecillo Integral & Mantequilla Duraznos		25 Taco de Pollo y Queso Verduras Mixtas Ensalada Romana Arroz Mexicano Manzana		26 Ensalada de Atun con Lechuga Sopa de Calabaza Ensalada de Espinacas c/ Tomate Pan Integral/Galletas Integrales Platano/Pastel de Cumpleaños		27 CERRADO Feliz Fiestas Todos Los Centros Estarán Cerrados		28 CERRADO Feliz Fiestas Todos Los Centros Estarán Cerrados		Cada comida se sirve con 1/2 pinta de leche de 1%	
										Transporte puede estar disponible.	