












<b>Santa Cruz</b>		<b>Live Oak</b>				<b>Ben Lomond</b>		<b>Watsonville</b>		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. 768-3279 11:30 AM		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		Contributions of \$3.50 are suggested and appreciated!
		 * Represents Vegetarian  * Represents High Sodium		<b>1</b> New England Clam Chowder Oyster Crackers/Cucumber Slices Romaine Salad w/ Garbanzo Beans Whole Wheat Roll & Butter Fruit Crisp		<b>2</b>  Beef Hot Dog Vegetarian Chili Beans Coleslaw w/ Carrots Whole Wheat Bun Watermelon		<b>3</b> <b>CLOSED</b> <b>Happy Holiday All Centers Will Be Closed</b>		
<b>6</b> Meatball Soup Cauliflower w/ Peppers Romaine Salad w/ Carrots Whole Grain Cornbread & Butter Peaches		<b>7</b> Vegetable Frittata Roasted Potatoes Green Salad w/ Kidney Beans Whole Wheat Oatmeal Muffin Orange Juice 		<b>8</b> Chicken Pozole Zucchini Green Salad w/ Pepitas Spanish Rice Citrus Fruit Salad		<b>9</b> Crab Salad Minestrone Soup Romaine Salad w/ Tomato Whole Wheat Roll Whole Wheat Crackers Banana		<b>10</b> Turkey Divan Casserole Steamed Carrots Mixed Green Salad Whole Wheat Roll & Butter Apple		
<b>13</b> Salmon Burger w/ Tzatziki Sauce Broccoli Spinach Salad w/ Carrots Pesto Noodles Pears		<b>14</b> Turkey Soft Taco Cauliflower w/ Peppers Black Beans Mexico City Rice Peach		<b>15</b> Navy Bean Soup Vegetable Pasta Salad Romaine Salad w/ Mandarins Whole Wheat Roll & Butter Banana 		<b>16</b> Tuna Noodle Casserole Peas and Mushrooms Carrot Raisin Salad Whole Wheat Bread Strawberries		<b>17</b> Green Bean Chicken w/ Rice Sesame Carrots Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks Fortune Cookie		
<b>20</b> Meatloaf with Low Sodium Gravy Mashed Potatoes Green Salad w/ Red Peppers Whole Wheat Bread & Butter Graham Crackers Spiced Apple Slices		<b>21</b> Turkey Salad Sandwich Tomato Soup Green Salad Whole Wheat Bread Strawberries		<b>22</b> Pizza Three Bean Salad Caesar Salad w/ Hard Boiled Egg Apple 		<b>23</b> Tamale Verde Chicken Bake Black Beans Romaine Salad w/ Carrots Citrus Fruit Salad		<b>24</b> Chef Salad Lentil Soup Croutons Whole Wheat Roll & Butter Melon Wedge		
<b>27</b> *No 1/2 Pint Milk Served Rigatoni Casserole Green Salad w/ Hard Boiled Egg Three Bean Salad Whole Wheat Roll & Butter Orange Juice 		<b>28</b> Asian Chicken Salad Lettuce & Cabbage Mix Carrot & Cucumber Slices Sesame Noodle Salad Whole Wheat Roll Mandarin Oranges		<b>29</b> Potato, Kale & Cheese Enchilada Refried Beans Romaine Salad w/ Carrots Mexico City Rice Strawberries 		<b>30</b> Sloppy Joes Succotash Romaine Salad w/ Broccoli Whole Wheat Bun Banana		<b>31</b> Baked Fish w/ Tartar Sauce Broccoli Spinach Salad Brown Rice Pilaf Pear Birthday Cake 		

**MEALS SERVED MONDAY-FRIDAY @ ALL OPEN DINING CENTERS 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.**

<b>Santa Cruz</b> London Nelson Center 301 Center Street 427-0901 12pm		<b>Live Oak</b> Live Oak Senior Center 1777 Capitola Rd. 475-7177 12-1pm		 <b>COMMUNITY BRIDGES</b> PUENTES DE LA COMUNIDAD		<b>Ben Lomond</b> Highlands Park Sr. Center 8500 Hwy 9 336-5366 12pm		<b>Watsonville</b> Watsonville Senior Center 114 E. Fifth St. 768-3279 11:30am		<b>Favor de llamar a centro que guste para hacer su reservacion un dia antes del dia que piensa asistir al centro.</b>	
<b>LUNES</b>		<b>MARTES</b>		<b>MIERCOLES</b>		<b>JUEVES</b>		<b>VIERNES</b>		<b>Sugerencia es de \$3.50 por comida.</b>	
		 <b>*Representa Vegetariano</b>  <b>*Representa Alto in Sodio</b>		<b>1</b> Sopa de Almejas de Nueva Inglaterra Rebanadas de Pepino Ensalada Romana c/ Garbanzos Panecillo/ Galletas de Ostras Crujiente de Fruta		 <b>2</b> Perro Caliente de Carne Frijoles Vegetarianos Ensalada de Repollo c/ Zanahorias Bollo Integral Sandía		<b>3</b> <b>CERRADO</b> <b>Feliz Fiestas Todos Los Centros Estarán Cerrados</b>			
<b>6</b> Sopa de Albondigas Coliflor c/ Pimientos Ensalada Romana c/ Zanahorias Pan de Elote y Mantequilla Duraznos		<b>7</b> Fritata de Verduras Papas Asadas Ensalada Verde c/ Frijoles Rojos Panqué de Avena Jugo de Naranja		<b>8</b> Pollo Pozole Calabaza Ensalada Verde c/ Pepitas Arroz Español Ensalada de Fruta Citrica		<b>9</b> Ensalada de Cangrejo Sopa Minestrone Ensalada Romana c/ Tomate Panecillo Integral Galletas Integrales Platano		<b>10</b> Cacerola de Pavo y Brócoli Zanahorias al Vapor Ensalada Verde Panecillo Integral & Mantequilla Manzana			
<b>13</b> Croqueta de Salmon c/ Tzatziki Brócoli Ensalada Espinacas c/ Zanahoria Fideos al Pesto Peras		<b>14</b> Taco de Pavo Coliflor c/ Pimientos Frijoles Negros Arroz Mexicano Durazno		<b>15</b> Sopa de Frijoles Blancos Ensalada de Pasta y Verduras Ensalada Romana c/ Mandarina Panecillo Integral & Mantequilla Platano		<b>16</b> Cacerola de Fideos c/ Atun Chicaros y Hongas Ensalada de Zanahorias y Pasas Pan Integral Fresas		<b>17</b> Pollo con Ejotes y Arroz Zanahorias con Sésamo Ensalada de Repollo Napa c/ Aderezo de Sésamo Trozos de Piña Galletas de la Fortuna		<b>No hay obligacion de contribuir, contribuciones son de voluntad y a nadie se le negara participacion si no puede contribuir.</b>	
<b>20</b> Pastel de Carne c/ Salsa Baja en Sodio Puré de Papa Ensalada Verde c/ Pimiento Rojo Pan Integral/ Galletas de Graham Manzana Especiada		<b>21</b> Sandwich de Ensalada de Pavo Sopa de Tomate Ensalada Verde Pan Integral Fresas		<b>22</b> Pizza Ensalada de Tres Frijoles Ensalada Cesar c/ Huevo Cocido Manzana		<b>23</b> Tamale Verde de Pollo Horneado Frijoles Negros Ensalada Romana c/ Zanahorias Ensalada de Fruta Citrica		<b>24</b> Ensalada Chef Sopa de Lentejas Picatostes Panecillo Integral & Mantequilla Cuña de Melón			
<b>27</b> <b>*No 1/2 Pinta de Leche Servida</b> Cacerola de Fideos Ensalada Verde c/ Huevo Cocido Ensalada de Tres Frijoles Panecillo Integral & Mantequilla Jugo de Naranja		<b>28</b> Ensalada de Pollo Estilo Asiatico Lechuga y Repollo Mixta Rebanadas de Pepino y Zanahoria Ensalada de Fideos Sésamo Panecillo Integral/ Mandarina		<b>29</b> Enchiladas de Papa, Col Rizada y Queso Frijoles Refritos Ensalada Romana c/ Zanahorias Arroz Mexicano/ Fresas		<b>30</b> Bocadillo de Carne Molida Habas con Elotes Ensalada Romana c/ Brócoli Bollo Integral Platano		<b>31</b> Pescado al Horno c/ Salsa de Tartar Brócoli Ensalada de Espinacas Pilaf de Arroz Integral Pera/ Pastel de Cumpleaños		<b>Cada comida se sirve con 1/2 pinta de leche de 1%</b> <b>Transporte puede estar disponible.</b>	