

Community Action Commission of Santa Barbara County, Nutrition Services Division.  
Senior Congregate and Home Bound Delivery Menu for March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2-Mar</b>	<b>3-Mar</b>	<b>4-Mar</b>	<b>5-Mar</b>	<b>6-Mar</b>
Cheeseburger Potato Wedges Pear  (m) 1% Low Fat Milk	Beef & Broccoli Sesame Noodles Pear  (m) 1% Low Fat Milk	Chicken Chile Verde Cilantro Lime Rice Mandarin Orange Coleslaw  (m) 1% Low Fat Milk	Spaghetti w/ Meatballs Garlic Bread Zucchini Orange  (m) 1% Low Fat Milk	Chicken Tortilla Soup Cucumber Melon Salad  (m) 1% Low Fat Milk
<b>9-Mar</b>	<b>10-Mar</b>	<b>11-Mar</b>	<b>12-Mar</b>	<b>13-Mar</b>
Roasted Chicken WG Dinner Roll Mashed Sweet Potatoes Broccoli Applesauce (m) 1% Low Fat Milk	Roast Turkey Mashed Potatoes & Gravy Peas & Carrots Biscuit Apple (m) 1% Low Fat Milk	Baked Ziti w/ Beef Marinara WG Garlic Bread Steamed Broccoli Pear (m) 1% Low Fat Milk	Honey Lemon Chicken Rice Pilaf Butternut Squash Melon  (m) 1% Low Fat Milk	Pork Loin Rosemary Potatoes Green Beans Applesauce  (m) 1% Low Fat Milk
<b>16-Mar</b>	<b>17-Mar</b>	<b>18-Mar</b>	<b>19-Mar</b>	<b>20-Mar</b>
Orange Chicken Brown Rice Stir Fry Veggies Tangerine  (m) 1% Low Fat Milk	Minestrone Soup Dinner Roll Apple  (m) 1% Low Fat Milk	Beef Stew w/ Root Vegetables WG Roll Pear  (m) 1% Low Fat Milk	Beef Lasagna WG Garlic Bread Spinach Tangerine  (m) 1% Low Fat Milk	Pork Pozle Tortilla Chips Shredded Cabbage Orange  (m) 1% Low Fat Milk
<b>23-Mar</b>	<b>24-Mar</b>	<b>25-Mar</b>	<b>26-Mar</b>	<b>27-Mar</b>
BBQ Chicken Bisquit Sweet Corn Salad Grapes  (m) 1% Low Fat Milk	Beef Stroganoff Noodles Peas & Carrots Apple  (m) 1% Low Fat Milk	Veggie Chili Cheese Quesadilla Orange  (m) 1% Low Fat Milk	Beef Taco Plate Brown Rice Pico De Gallo Kiwi  (m) 1% Low Fat Milk	Cheeseburger Potato Wedges Pear  (m) 1% Low Fat Milk
<b>30-Mar</b>	<b>31-Mar</b>			
Stir Fry Teryaki Chicken Brown Rice Melon  Pluot (m) 1% Low Fat Milk	Hot Turkey Sandwich WG Stuffing Green Beans Applesauce  (m) 1% Low Fat Milk			

**Healthy Table Centers**  
 Franklin Center - 1136 E Montecito Street, S.B.  
 LL. Davis Center - 1232 De La Vina Street, S.B.  
 Goleta Community Center - 5679 Hollister Avenue, Goleta  
 Veteran's Hall - 941 Walnut Street, Carpinteria  
 Presidio Springs Senior Living - 721 Laguna St., S.B.  
 Villa Caridad - 4202 Calle Real, S.B.  
 Lompoc Senior Center - 1120 W Ocean Avenue, Lompoc  
 Guadalupe Senior Center - 4545 Tenth Street, Guadalupe  
 Atkinson Community Center - 1000 N Railroad Ave., S.M.  
 Oasis Senior Center in Orcutt - 420 Soares Street, Orcutt  
 Weitzel - 640 N Q St., Lompoc  
 Elwin Mussel Senior Center-510 E Park Ave, S.M.  
 Cypress - 125 S. 7th St., Lompoc

**Healthy at Home**  
 Community Action Commission of Santa Barbara County offers mobile meals delivered right to your front door. One hot meal, made from scratch, can be delivered on weekdays.  
 One frozen meal for each weekend day and/or holiday can be delivered on the preceding day.

**please call to sign up**  
 (during non office or peak hours, please leave a message)  
**Santa Barbara** - 805-964-8857 ext #1140  
**Santa Maria** - 805-925-3010  
**Lompoc** - 805-310-1557

This program relies on your donations. A suggested donation of **\$3.00** per meal supports future availability. Please give what you can. Thank You.

In accordance with federal law and the U.S. Department of Agriculture(USDA) policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint write the USDA director, office of civil rights, 326-W Whitten Building, SW, 1400 Independence Avenue, Washington D.C., 20250-9410 or call (202)760-5694, voice and TDD. The USDA is an equal opportunity provider.

