

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-Apr Chicken Caesar Salad Garlic Cheese Bread Seasonal Fruit (m) 1% Low Fat Milk	2-Apr Roasted Turkey Torta Sweet Corn Salad Seasonal Fruit (m) 1% Low Fat Milk	3-Apr Asian Pasta Salad with Chicken Seasonal Fruit (m) 1% Low Fat Milk
6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
Chicken Salad Sandwich Seasonal Fruit (m) 1% Low Fat Milk	Ham and Cheese Sandwich Macaroni Salad Seasonal Fruit (m) 1% Low Fat Milk	BBQ Chicken Wrap Coleslaw Seasonal Fruit (m) 1% Low Fat Milk	Deli Sub Coleslaw Seasonal Fruit (m) 1% Low Fat Milk	Tuna Salad Sandwich Seasonal Fruit (m) 1% Low Fat Milk
13-Apr	14-Apr	15-Apr	16-Apr	17-Apr
Ham and Cheese Sandwich Potato Salad Seasonal Fruit (m) 1% Low Fat Milk	Turkey Veggie Pasta Salad Seasonal Fruit (m) 1% Low Fat Milk	Chicken Caesar Salad Garlic Cheese Bread Seasonal Fruit (m) 1% Low Fat Milk	Roasted Turkey Torta Sweet Corn Salad Seasonal Fruit (m) 1% Low Fat Milk	Asian Pasta Salad with Chicken Seasonal Fruit (m) 1% Low Fat Milk
20-Apr	21-Apr	22-Apr	23-Apr	24-Apr
Chicken Salad Sandwich Seasonal Fruit (m) 1% Low Fat Milk	Ham and Cheese Sandwich Macaroni Salad Seasonal Fruit (m) 1% Low Fat Milk	BBQ Chicken Wrap Coleslaw Seasonal Fruit (m) 1% Low Fat Milk	Deli Sub Coleslaw Seasonal Fruit (m) 1% Low Fat Milk	Tuna Salad Sandwich Seasonal Fruit (m) 1% Low Fat Milk
27-Apr	28-Apr	29-Apr	30-Apr	
Ham and Cheese Sandwich Potato Salad Seasonal Fruit Pluot (m) 1% Low Fat Milk	Turkey Veggie Pasta Salad Seasonal Fruit (m) 1% Low Fat Milk	Chicken Caesar Salad Garlic Cheese Bread Seasonal Fruit (m) 1% Low Fat Milk	Roasted Turkey Torta Sweet Corn Salad Seasonal Fruit (m) 1% Low Fat Milk	

Healthy Table Centers
 Franklin Center - 1136 E Montecito Street, S.B.
 L.L. Davis Center - 1232 De La Vina Street, S.B.
 Veteran's Hall - 941 Walnut Street, Carpinteria
 Presidio Springs Senior Living - 721 Laguna St., S.B
 Goleta Community Center - 5679 Hollister Avenue, Goleta
 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.

