

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



Community  
Action  
Commission  
OF SANTA BARBARA COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1-Jul</b> Turkey Tacos Rice & Beans Pico de Gallo Seasonal Fruit  (m) 1% Low Fat Milk	<b>2-Jul</b> Roasted Pork Torta Cucumber Salad Seasonal Fruit  (m) 1% Low Fat Milk	<b>3-Jul</b> Closed
<b>6-Jul</b> Cheesburger Potato Wedges Seasonal Fruit  (m) 1% Low Fat Milk	<b>7-Jul</b> Bean & Cheese Burrito with Rice Seasonal Fruit  (m) 1% Low Fat Milk	<b>8-Jul</b> Pork Pozole Tortilla Chips Seasonal Fruit  (m) 1% Low Fat Milk	<b>9-Jul</b> Spaghetti with Meatballs Roll Garden Salad Seasonal Fruit  (m) 1% Low Fat Milk	<b>10-Jul</b> Tuna Salad Sandwich Carrot Sticks Seasonal Fruit  (m) 1% Low Fat Milk
<b>13-Jul</b> Turkey Enchilada Rice & Beans Seasonal Fruit  (m) 1% Low Fat Milk	<b>14-Jul</b> Sous Vide Beef Tacos Rice & Beans Seasonal Fruit  (m) 1% Low Fat Milk	<b>15-Jul</b> Turkey Tacos Rice & Beans Pico de Gallo Seasonal Fruit  (m) 1% Low Fat Milk	<b>16-Jul</b> Turkey Pasta Alfredo Steamed Broccoli Seasonal Fruit  (m) 1% Low Fat Milk	<b>17-Jul</b> Roasted Pork Torta Cucumber Salad Seasonal Fruit  (m) 1% Low Fat Milk
<b>20-Jul</b> Cheesburger Potato Wedges Seasonal Fruit  (m) 1% Low Fat Milk	<b>21-Jul</b> Bean & Cheese Burrito with Rice Seasonal Fruit  (m) 1% Low Fat Milk	<b>22-Jul</b> Pork Pozole Tortilla Chips Seasonal Fruit  (m) 1% Low Fat Milk	<b>23-Jul</b> Spaghetti with Meatballs Roll Garden Salad Seasonal Fruit  (m) 1% Low Fat Milk	<b>24-Jul</b> Tuna Salad Sandwich Carrot Sticks Seasonal Fruit  (m) 1% Low Fat Milk
<b>27-Jul</b> Turkey Enchilada Rice & Beans Seasonal Fruit  Pluot (m) 1% Low Fat Milk	<b>28-Jul</b> Sous Vide Beef Tacos Rice & Beans Seasonal Fruit  (m) 1% Low Fat Milk	<b>29-Jul</b> Turkey Tacos Rice & Beans Pico de Gallo Seasonal Fruit  (m) 1% Low Fat Milk	<b>30-Jul</b> Turkey Pasta Alfredo Steamed Broccoli Seasonal Fruit  (m) 1% Low Fat Milk	<b>31-Jul</b> Roasted Pork Torta Cucumber Salad Seasonal Fruit  (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.
- 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



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