



COMMUNITY ACTION COMMISSION NUTRITION SERVICES PROGRAM



December Senior Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	<p><i>Healthy Table Centers</i></p> <p>GOLETA 5681 Hollister Ave, Goleta CARPINTERIA 941 Walnut St, Carpinteria WESTSIDE 423 West Victoria St, Santa Barbara PRESIDIO 721 Laguna St, Santa Barbara CENTRAL KITCHEN 315 Camino Del Remedio, Santa Barbara PILGRIM TERRACE 649 Pilgrim Terrace Dr, Santa Barbara</p> <p>LOMPOC 1120 West Ocean Ave, Lompoc</p> <p>GUADALUPE SENIOR CENTER 4545 Tenth St, Guadalupe ORCUTT OASIS SENIOR CENTER 420 Soares St, Orcutt MUSSELL CENTER 510 East Park Ave, Santa Maria ATKINSON 1000 Railroad Ave, Santa Maria UNION PLAZA 120 North Broadway, Santa Maria</p>
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	
CHICKEN & GRAVY MASHED POTATOES MIXED VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK	SPAGHETTI MEAT SAUCE CARROTS PEAS BANANA MILK	BEEF BIRRIA W/ VEGGIE MIX WW TORTILLA PINTO BEANS BROCCOLI PEARS MILK	CHILI CON CARNE GREEN SALAD W/ LS DRESSING ZUCCHINI CORNBREAD PEACHES MILK	TUNA & NOODLE PEAS & CARROTS ORANGE MILK	
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	
ROSEMARY CHICKEN RICE PILAF GREEN BEANS ORANGE MILK	PORK LOIN SWEET POTATO WW DINNER ROLL/PROMISE BRUSSELL SPROUTS BANANA MILK	TURKEY STROGANOFF BROCCOLI W/LOW FAT CHEESE CARROTS PEARS GRAHAM CRACKERS MILK	BEEF STEW GREEN SALD W/ LS DRESSING WW DINNER ROLL/PROMISE PEACHES MILK	CHICKEN CORDON BLEU RICE PILAF PACIFIC BLEND VEGETABLES ORANGE MILK	
15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	
BAKED CHICKEN SWEET POTATO/PROMISE GREEN BEANS ORANGE MILK	BEEF & BROCCOLI BROWN RICE CARROTS BANANA MILK	CHICKEN FAJITA WW TORTILLA SPANISH RICE BRUSSELL SPROUTS PEARS MILK	MACARONI & BEEF W/LOW FAT CHEESE ZUCCHINI CARROTS PEACHES MILK	FISH FILLET WW BUN PEAS KIDNEY BEANS TARTAR SAUCE ORANGE MILK	
22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	
SAN FRAN CHICKEN BAKED POTATO CAL BLEND VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK	BEEF TACOS PINTO BEANS BROCCOLI WW TORTILLAS BANANA MILK	BAKED PARMESAN FISH CAULIFLOWER BRUSSELL SPROUTS WW DINNER ROLL/PROMISE PEARS MILK	MERRY CHRISTMAS	TURKEY/GRAVY BAKED POTATO BRUSSELL SPROUTS WW DINNER ROLL/PROMISE ORANGE MILK	
29-Dec	30-Dec	31-Dec			
CHICKEN FIDEO SPINACH/LOF.SH.CHEESE CAUIFLOWER ORANGE MILK	TURKEY BURGER WB BURGER SIDES ZUCCHINI/CARROTS LT.MAYO BANANA MILK	HAWAIIAN CHICKEN SWEET POTATO WW DINNER ROLL BROCCOLI PEARS MILK			

Healthy At Home

Community Action Commission Mobile Meals are available to homebound seniors over 60 years old. This meal will be delivered Monday thru Friday. One hot meal will be delivered each weekday and frozen meals will be made available for Saturday and Sunday if you choose.

Please call to sign up

SANTA BARBARA: 805-692-4979
 SANTA MARIA: 805-925-3010
 LOMPOC: 805-310-1557

This program relies on your donations.
 Our suggested donation rate is \$3.00 per meal.
 We are underfunded and need your support.
 Please give what you can.

CALLS DURING OFF HOURS AND WHEN THE LINES ARE BUSY
 ARE ANSWERED BY A MACHINE.

SITE HOST MUST RECORD 2 TEMPERATURES-RECEIVING & SERVING TEMP ALONG WITH TIME

Cong Site/Kitchen/Juv Hall

December-2014

KITCHEN-PLEASE RECORD PRODUCTION TIME FOR EACH DAY-

Monday	TIME/TEMP	Tuesday	TIME/TEMP	Wednesday	TIME/TEMP	Thursday	TIME/TEMP	Friday	TIME/TEMP
CHICKEN AND GRAVY MASHED POTATOES MIXED VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK		SPAGHETTI MEAT SAUCE CARROTS PEAS BANANA MILK		BEEF BIRRIA W/VEGGIE MIX WW TORTILLA PINTO BEANS BROCCOLI PEARS MILK		CHILI CON CARNE GARDEN SALAD W/LS DRESSING ZUCCHINI CORNBREAD PEACHES MILK		TUNA AND NOODLE PEAS & CARROTS ORANGE MILK	
1-Dec	TIME/TEMP	2-Dec	TIME/TEMP	3-Dec	TIME/TEMP	4-Dec	TIME/TEMP	5-Dec	TIME/TEMP
ROSEMARY CHICKEN RICE PILAF GREEN BEANS ORANGE MILK		PORK LOIN SWEET POTATO WW DINNER ROLL/PROMISE BRUSSELL SPROUTS BANANA MILK		TURKEY STROGANOFF BROCC /LOW FAT CHEESE CARROTS PEARS GRAHAM CRACKERS MILK		BEEF STEW GREEN SALAD W/LS DRESSING WW DINNER ROLL/PROMISE PEACHES MILK		CHICKEN CORDON BLEU RICE PILAF PACIFIC BLEND VEGETABLES ORANGE MILK	
8-Dec	TIME/TEMP	9-Dec	TIME/TEMP	10-Dec	TIME/TEMP	11-Dec	TIME/TEMP	12-Dec	TIME/TEMP
BAKED CHICKEN SWEET POTATO/PROMISE GREEN BEANS ORANGE MILK		BEEF & BROCCOLI BROWN RICE CARROTS BANANA MILK		CHICKEN FAJITA WW TORTILLA SPANISH RICE BRUSSELL SPROUTS PEARS MILK		MACARONI & BEEF W/LOW FAT CHEESE ZUCCHINI CARROTS PEACHES MILK		FISH FILLET WW BUN PEAS KIDNEY BEANS TARTAR SAUCE ORANGE MILK	
15-Dec	TIME/TEMP	16-Dec	TIME/TEMP	17-Dec	TIME/TEMP	18-Dec	TIME/TEMP	19-Dec	TIME/TEMP
SAN FRAN CHICKEN BAKED POTATO CAL BLEND VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK		BEEF TACOS PINTO BEANS BROCCOLI WW TORTILLAS BANANA MILK		BAKED PARMESAN FISH CAULIFLOWER BRUSSELL SPROUTS WW DINNER ROLL/PROMISE PEARS MILK		MERRY CHRISTMAS		TURKEY/GRAVY BAKED POTATO BRUSSELL SPROUTS WW DINNER ROLL/PROMISE ORANGE MILK	
22-Dec	TIME/TEMP	23-Dec	TIME/TEMP	24-Dec	TIME/TEMP	25-Dec	TIME/TEMP	26-Dec	TIME/TEMP
CHICKEN FIDEO PINACH W/ LOW FAT CHEESE CAULIFLOWER ORANGE MILK		TURKEY BURGER WB BURGER SIDES BROCCOLI/CARROTS LIGHT MAYO BANANA MILK		HAWAIIAN CHICKEN SWEET POTATO WW DINNER ROLL BROCCOLI PEARS MILK					
29-Dec		30-Dec		31-Dec					



COMISION DE ACCION COMUNITARIA PROGRAMA DE SERVICIOS DE NUTRICION



Menu para el mes de Diciembre

Lunes	Martes	Miercoles	Jueves	Viernes	
1-Dec	2-Dec	3-Dec	4-Dec	5-Dec	<p style="text-align: center;"><u>COMEDORES SALUDABLES</u></p> <p>GOLETA 5681 Hollister Ave, Goleta CARPINTERIA 941 Walnut St, Carpinteria WESTSIDE 423 West Victoria St, Santa Barbara PRESIDIO 721 Laguna St, Santa Barbara CENTRAL KITCHEN 315 Camino Del Remedio, Santa Barbara PILGRIM TERRACE 649 Pilgrim Terrace Dr, Santa Barbara</p> <p style="text-align: center;">LOMPOC 1120 West Ocean Ave, Lompoc</p> <p>GUADALUPE SENIOR CENTER 4545 Tenth St, Guadalupe ORCUTT OASIS SENIOR CENTER 420 Soares St, Orcutt MUSSELL CENTER 510 East Park Ave, Santa Maria ATKINSON 1000 Railroad Ave, Santa Maria UNION PLAZA 120 North Broadway, Santa Maria</p> <p style="text-align: center;"><u>ALIMENTOS SALUDABLES A DOMICILIO</u></p> <p>CAC alimentos a domicilio son disponible para personas mayores de 60 anos y que no pueden salir de su hogar. Estos alimentos se reparten de Lunes a Viernes. Consiste de un alimento caliente por cada dia entre semana y un alimento congelado por cada dia del fin de semana.</p> <p style="text-align: center;"><u>Favor de llamar para inscribirse al programa</u></p> <p style="text-align: center;">SANTA BARBARA: 805-692-4979 SANTA MARIA: 805-925-3010 LOMPOC: 805-310-1557</p> <p style="text-align: center;">Estos arreglos se mantienen gracias a <i>SUS</i> donaciones. Se sugiere una donación de \$3.00 por cada alimento. Por favor contribuya lo que usted pueda. Gracias</p> <p style="text-align: center;">Llamadas recibidas después de horas de servicio o cuando las líneas están ocupadas serán contestadas por una grabadora.</p>
POLLO CON GRAVY PURE DE PAPA VEGETABLES PAN DE BOLA NARANJA LECHE	ESPAGUETI CON SALSA Y CARNE MOLIDA ZANAHORIAS CHICHAROS PLATANO LECHE	BIRRIA DE RES TORTILLAS FRIJOLES PINTOS BROCOLI PERA LECHE	CARNE DE RES CON CHILE ENSALADA CALABAZA PAN DE ELOTE DURAZNO LECHE	ATUN Y PASTA CHICHAROS Y ZANAHORIA NARANJA LECHE	
8-Dec	9-Dec	10-Dec	11-Dec	12-Dec	
POLLO AL ROMERO ARROZ PILAF EJOTES NARANJA LECHE	CARNE DE PUERCO CAMOTE REPOLLITOS PAN DE BOLA PLATANO LECHE	PAVO STROGANOFF BRÓCOLI ZANAHORIAS GALLETAS DE CANELA PERA LECHE	CARNE DE OLLA ENSALADA PAN DE BOLA DURAZNO LECHE	POLLO DE QUESO Y HAMON ARROZ PILAF VEGETALES NARANJA LECHE	
15-Dec	16-Dec	17-Dec	18-Dec	19-Dec	
POLLO AL HORNO CAMOTE EJOTES NARANJA LECHE	CARNE DE RES CON BRÓCOLI ARROZ CAFÉ ZANAHORIAS PLATANO LECHE	FAJITAS DE POLLO TORTILLA ARROZ REPOLLITOS PERA LECHE	MACARONI CON CARNE DE RES QUESO RALLADO CALABAZA ZANAHORIAS DURAZNO LECHE	FILETE DE PESCADO PAN INTEGRAL FRIJOLES CHICHAROS SALSA TARTARA NARANJA LECHE	
22-Dec	23-Dec	24-Dec	25-Dec	26-Dec	
POLLO SAN FRANCISCO PAPA AL HORNO VEGETALES PAN DE BOLA NARANJA LECHE	TACOS DE RES FRIJOLES PINTOS BRÓCOLI TORTILLAS PLATANO LECHE	PESCADO PARMESANO COLIFLOR REPOLLITOS PAN DE BOLA PERA LECHE	FELIZ NAVIDAD	PAVO CON GRAVY PAPA AL HORNO REPOLLITOS PAN DE BOLA NARANJA LECHE	
29-Dec	30-Dec	31-Dec			
FIDEO CON POLLO ESPINACAS/QUESO BAJO EN GRASA COLIFLOR NARANJA LECHE	HAMBURGESA DE PAVO PAN INTEGRAL BRÓCOLI / ZANAHORIA MAYONESA PLATANO LECHE	POLLO HAWAIANO CAMOTE PAN DE BOLA BROCOLI PERA LECHE			