

Community Action Commission of Santa Barbara County

MAY 2015

Monday	Tuesday	Wednesday	Thursday	Friday	
				1-May	<p style="text-align: center;"><u>Healthy Table Centers</u></p> <p style="text-align: center;">GOLETA 5679 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 style="text-align: center;">GUADALUPE SENIOR CENTER 4545 Tenth St, Guadalupe ORCUTT OASIS SENIOR CENTER 420 Soares St, Orcutt ATKINSON 1000 Railroad Ave, Santa Maria MUSSELL CENTER 510 East Park Ave, Santa Maria UNION PLAZA 120 N Broadway, Santa Maria</p> <p style="text-align: center;"><u>Healthy At Home</u></p> <p style="text-align: center;">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.</p> <p style="text-align: center;"><u>Please call to sign up</u></p> <p style="text-align: center;">SANTA BARBARA: 805-683-4458 SANTA MARIA: 805-925-3010 LOMPOC: 805-310-1557</p> <p style="text-align: center;">This program relies on YOUR donations. Our suggested donation rate is \$3.00 per meal. Please give what you can.</p>
				MEAT LASAGNA BROCCOLI CARROTS WW DINNER ROLL BANANA(Sodium1427mg) MILK	
4-May	5-May	6-May	7-May	8-May	
ROSEMARY CHICKEN RICE PILAF LIMA BEANS ORANGE MILK	BEEF TACO PINTO BEANS BROCCOLI WW TORTILLAS BANANA MILK	PORK LOIN SWEET POTATO BRUSSELL SPROUTS WW DINNER ROLL/PROMISE APPLESAUCE MILK	BEEF STEW BROCCOLI CORNBREAD/PROMISE PEARS MILK	CHICKEN CORDON BLEU MASHED POTATOES/GRAVY CARROTS WW DINNER ROLL/PROMISE BANANA (Sodium940mg.) MOTHER'S DAY PARTY MILK	
11-May	12-May	13-May	14-May	15-May	
CHICKEN FIDEO SPINACH SLICED CARROTS ORANGE MILK	MACARONI & BEEF/TURKEY CAULIFLOWER PEAS BANANA MILK	CHICKEN FAJITA WW TORTILLA FAJITA BLEND VEGETABLES APPLESAUCE MILK	SPAGHETTI MEAT SAUCE ITALIAN VEGETABLES BROCCOLI PEARS MILK	CHICKEN POZOLE POZOLE MIX PINTO BEANS WW TORTILLA BANANA sodium810mg MILK	
18-May	19-May	20-May	21-May	22-May	
SAN FRAN CHICKEN CAL BLEND VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK	BEEF STIR-FRY STIR-FRY VEGETABLES WW DINNER ROLL/PROMISE BANANA MILK	TURKEY STROGANOFF BROCCOLI/LOWFAT CHEESE YELLOW SQUASH WW DINNER ROLL/PROMISE APPLESAUCE MILK	HAWAIIAN CHICKEN RICE PILAF SLICED CARROTS BRUSSEL SPROUTS PEARS MILK	MEATLOAF MASHED POTATOES/GRAVY MIXED VEGETABLES DINNER ROLL/PROMISE ORANGE MEMORIAL DAY PARTY MILK	
25-May	26-May	27-May	28-May	29-May	
HOLIDAY	BBQ CHICKEN SWEET POTATO/PROMISE GREEN BEANS WW DINNER ROLL/PROMISE ORANGE MILK	CHILI CON CARNE CARROTS BRUSSELL SPROUTS CORNBREAD/PROMISE BANANA MILK	BAKED PARMESAN FISH SCANDINAVIAN VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK	TURKEY BURGER WW BUN BURGER SIDES BROCCOLI LT. MAYO APPLESAUCE MILK	
					CALLS DURING OFF HOURS AND WHEN THE LINES ARE BUSY ARE ANSWERED BY A MACHINE.

Community Action Commission of Santa Barbara County
May-15

Congregate Site: _____

Monday		Tuesday		Wednesday		Thursday		Friday	
								MEAT LASAGNA BROCCOLI CARROTS WW DINNER ROLL BANANA(Sodium1427mg) MILK	
								1-May	
ROSEMARY CHICKEN RICE PILAF LIMA BEANS ORANGE MILK		BEEF TACO PINTO BEANS BROCCOLI WW TORTILLAS BANANA MILK		PORK LOIN SWEET POTATO BRUSSELL SPROUTS WW DINNER ROLL/PROMISE APPLESAUCE MILK		BEEF STEW BROCCOLI CORNBREAD/PROMISE PEARS MILK		CHICKEN CORDON BLEU MASHED POTATOES/GRAVY CARROTS WW DINNER ROL/PROMISE BANANA MOTHER'S DAY PARTY MILK	
4-May		5-May		6-May		7-May		8-May	
CHICKEN FIDEO SPINACH SLICED CARROTS ORANGE MILK		MACARONI & BEEF/TURKEY CAULIFLOWER PEAS BANANA MILK		CHICKEN FAJITA WW TORTILLA FAJITA BLEND VEGETABLES APPLESAUCE MILK		SPAGHETTI MEAT SAUCE ITALIAN VEGETABLES BROCCOLI PEARS MILK		CHICKEN POZOLE POZOLE MIX PINTO BEANS WW TORTILLA BANANA MILK	
11-May		12-May		13-May		14-May		15-May	
SAN FRAN CHICKEN CAL BLEND VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK		BEEF STIR-FRY STIR-FRY VEGETABLES WW DINNER ROLL/PROMISE BANANA MILK		TURKEY STROGANOFF BROCCOLI/LOW FAT CHEESE YELLOW SQUASH WW DINNER ROLL/PROMISE APPLESAUCE MILK		HAWAIIAN CHICKEN RICE PILAF SLICED CARROTS BRUSSEL SPROUTS PEARS MILK		MEATLOAF MASHEDPOTATOES/GRAVY MIXED VEGETABLES WW DINNER ROLL/PROMISE ORANGE MEMORIAL DAY PARTY MILK	
18-May		19-May		20-May		21-May		22-May	
HOLIDAY		BBQ CHICKEN SWEET POTATO/PROMISE GREEN BEANS WW DINNER ROLL/PROMISE ORANGE MILK		CHILI CON CARNE CARROTS BRUSSEL SPROUTS CORNBREAD/PROMISE BANANA MILK		BAKED PARMESAN FISH SCANDINAVIAN VEGETABLES WW DINNER ROLL/PROMISE ORANGE MILK		TURKEY BURGER WW BUN BURGER SIDES BROCCOLI LT. MAYO APPLESAUCE MILK	
25-May		26-May		27-May		28-May		29-May	



COMMUNITY ACTION COMMISSION NUTRITION SERVICES PROGRAM

MENU PARA PERSONAS DE LA TERCERA EDAD - MAYO 2015

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	<u>COMEDORES SALUDABLES</u>
				1-May	
				LASANA DE CARNE BROCOLI ZANAHORIAS PAN DE BOLA PLATANO (Sodium 1427mg) LECHE	
4-May	5-May	6-May	7-May	8-May	LOMPOC 125 West Walnut Ave, Lompoc 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
POLLO AL ROMERO ARROZ PILAF HABAS NARANJA LECHE	TACO S DE CARNE DE REZ FRIJOLES BROCOLI TORTILLA PLÁTANO LECHE	CARNE DE PUERCO CAMOTE REPOLLITOS PAN DE BOLA PURE DE MANZANA LECHE	CARNE DE OLLA BROCOLI PAN DE ELOTE PERA LECHE	POLLO DE QUESO Y HAMON PURE DE PAPA/GRAVY ZANAHORIAS PAN DE BOLA PLATANO FIESTA DIA DE LAS MADRE LECHE	
11-May	12-May	13-May	14-May	15-May	
FIDEO DE POLLO ESPINACAS ZANAHORIAS NARANJA MILK	PASTA MACARONI CON CARNE DE REZ/PAVO COLIFLOR CHICHAROS PLÁTANO LECHE	FAJITA DE POLLO TORTILLA VEGETALES PURE DE MANZANA LECHE	ESPAGUETI CON SALSA Y CARNE MOLIDA VEGETALES BROCOLI PERA LECHE	POZOLE DE POLLO MEZCLA DE POZOLE FRIJOLES TORTILLA PLÁTANO (Sodium 810mg) LECHE	
18-May	19-May	20-May	21-May	22-May	
POLLO SAN FRANCISCO VEGETALES PAN DE BOLA NARANJA LECHE	GUISADO DE RES VEGETALES PAN DE BOLA PLÁTANO LECHE	PAVO STROGANOFF BROCOLI CALABAZA AMARILLO PAN DE BOLA PURE DE MANZANA LECHE	POLLO HAWAIANO ARROZ PILAF ZANAHORIAS REPOLLITOS PERA LECHE	PAN DE CARNE PURE DE PAPA/GRAVY VEGETALES PAN DE BOLA NARANJA LECHE	
25-May	26-May	27-May	28-May	29-May	
DIA DE FIESTA	POLLO A LA BARBACOA CAMOTE EJOTES PAN DE BOLA NARANJA LECHE	CARNE DE RES CON CHILE ZANAHORIAS REPOLLITOS PAN DE ELOTE PLÁTANO LECHE	PESCADO PARMESANO VEGETALES PAN DE BOLA NARANJA LECHE	HAMBURGESA DE PAVO PAN INTEGRAL CODIMENTOS BROCOLI MAYONESA PURE DE MANZANA LECHE	

ALIMENTOS SALUDABLES A DOMICILIO

CAC alimentos a domicilio son disponible para personas mayores de 60 años y que no pueden salir de su hogar. Estos alimentos se reparten de Lunes a Viernes. Consiste de un alimento caliente por cada día entre semana y un alimento congelado por cada día del fin de semana.

Favor de llamar para inscribirse al programa

SANTA BARBARA: 805-692-4979
 SANTA MARIA: 805-925-3010
 LOMPOC: 805-737-9366

Estos arreglos se mantienen gracias a *SUS* donaciones. Se sugiere una donación de \$3.00 por cada alimento. Por favor contribuya lo que usted pueda. Gracias

Llamadas recibidas después de horas de servicio o cuando las líneas están ocupadas serán contestadas por una grabadora.