

Community Action Commission of Santa Barbara County, May 2016 Menu, For Senior Congregate and Home Bound Meal Delivery.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/2/2016 Herb baked chicken Brown rice pilaf mixed vegetables WW Dinner Roll/ Promise apple milk	5/3/2016 Turkey Burger lettuce, tomato, ketchup potato wedges sweet corn banana milk	5/4/2016 Beef Taco's lettuce, tomato, cheese brown rice pinto beans orange milk	5/5/2016 Carnitas w/tortilla Black bean Corn orange milk	5/6/2016 Chicken Cordon bleu Mashed potatoes Brown gravy Green peas orange milk
5/9/2016 Roasted pork loin Sweet potatoes Sliced carrots Dinner roll and promise orange milk	5/10/2016 Macaroni and beef Green Salad w/french dressing Peas & carrots banana milk	5/11/2016 Chicken Fajita's tortilla Pinto beans Cauliflower apple milk	5/12/2016 Spaghetti and meat sauce Green salad w/Italian dressing Broccoli Garlic Bread orange milk	5/13/2016 Beef and Broccoli Brown rice Sautéed peppers & onions apple milk
5/16/2016 Chili con carne Peas & carrots Corn bread w/promise apple milk	5/17/2016 Chicken Fideo Green salad w/ranch Broccoli banana milk	5/18/2016 Meatloaf Mashed potatoes Brown gravy Green peas orange milk	5/19/2016 Baked Pork chop Gravy Sweet potato Cauliflower Apple sauce milk	5/20/2016 Oven Roasted Turkey Mashed potato/ gravy Green beans Dinner roll w/promise orange milk
5/23/2016 Pot Roast Lime beans Biscuit w/butter orange milk	5/24/2016 Chicken ranch sandwich lettuce and tomato Broccoli banana milk	5/25/2016 Chicken Pozzole brown rice Pozole side WW tortilla * this is a high sodium meal apple milk	5/26/2016 Fish fillet sandwich WW Bun lettuce and tomato tarter sauce Broccoli Fruit Cocktail milk	5/27/2016 Hamburger w/ cheese Ketchup, lettuce, tomato Wedge potatoes apple sauce milk
5/30/2016 HOLIDAY	5/31/2016 Baked Chicken Mashed potatoes chicken gravy Blended Vegetables orange milk			

Healthy Table Centers

- Goleta Community Center** - 5679 Hollister Avenue, Goleta
- Veteran's Hall** - 941 Walnut Street, Carpinteria
- Presidio Springs Senior Living** - 721 Laguna St., Santa Barbara
- South County Kitchen** - 315 Camino del Remedios, S.B.
- Lompoc Senior Center** - 1120 West 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
- Union Plaza Senior Living** - 120 N Broadway, S.M.
- Villa Caridad** - 4202 Calle Real, Santa Barbara

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 sign up

(during non office or peak hours, please leave a message)
Santa Barbara - 805-683-4458
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.

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In accordance with federal law and the U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint Write USDA director, office of civil rights, room 326-W. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)720-5964(voice and TDD). The USDA is an equal opportunity provider.

COMMUNITY ACTION COMMISSION OF SANTA BARBARA COIUNTY --- CONGRAGETE SITE TEMPERAUTRE LOG



May-16

<p>MONDAY 5/2/2016</p> <p>menu item time temp</p>	<p>TUESDAY 5/3/2016</p> <p>menu item time temp</p>	<p>WEDNESDAY 5/4/2016</p> <p>menu item time temp</p>	<p>THURSDAY 5/5/2016</p> <p>menu item time temp</p>	<p>FRIDAY 5/6/2016</p> <p>menu item time temp</p>
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