

Community Action Commission of Santa Barbara County, Nutrition Services Division.
Senior Congregate and Home Bound Delivery Menu for April 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Apr	4-Apr	5-Apr	6-Apr	7-Apr
Beef Tacos (wg) Tortilla Lettuce, Tomato, & Cheese Spinach & Pinto Beans Orange Milk	(wg) Chicken Fideo Broccoli Apple Milk	Beef Stew (wg) Brown Rice Spinach Yogurt Pear Milk	Pork Loin (wg) Dinner Roll Sweet Potato Carrots & Broccoli Apple Milk	Thai Beef Brown Rice Broccoli Orange Milk
10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
Birra (wg) Tortilla Pinto Beans Carrots Orange Milk	Baked Chicken (wg) Whole Grain Pasta Cauliflower Broccoli Apple Milk	Meat Loaf Mashed Potatoes & Gravy Cauliflower Pear Milk	Beef & Broccoli (wg) Brown Rice Carrots Apple Milk	Chicken Cacciatore Whole Grain Pasta Broccoli Orange Milk
17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
Braised Beef (wg) Brown Rice Cauliflower Orange Milk	Chicken & Peppers (wg) Bulgur Wheat Pinto Beans Green Beans & Carrots Apple Milk	(wg) Macaroni & Beef Broccoli Pear Milk	Chicken Pozole (wg) Brown Rice Peas & Carrots Apple Milk	Baked Tilapia (wg) Whole Grain Pasta White Beans Spinach Orange Milk
24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
Pot Roast Brown Rice Cauliflower Orange Milk	Barbecue Chicken Quarter (wg) Whole Grain Pasta Carrots Broccoli Apple Milk	(wg) Spaghetti & Meat Sauce Cauliflower Pear Milk	Roast Turkey & Gravy (wg) Dinner Roll Mashed Potatoes Broccoli Apple Milk	Hawaiian Chicken (wg) Brown Rice Spinach Cauliflower 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 Remedio, 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
Elwin Mussel Senior Center-510 E Park Ave, S.M.

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 - 805-683-4458

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.

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.



MENU DE ALIMENTOS SALUDABLES PARA PERSONAS DE LA TERCERA EDAD

ABRIL 2017

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
	(ge)-granos enteros			
4/3	4/4	4/5	4/6	4/7
TACOS DE RES (ge) TORTILLA LECHUGA, JITOMATE, Y QUESO ESPINACA FRIJOLES NARANJA LECHE	(ge) FIDEO CON POLLO BROCOLI MANZANA LECHE	CALDO DE RES (ge) ARROZ YOGUR ESPINACA PERA LECHE	CARNE DE PUERCO (ge) PAN CAMOTE ZANAHORIAS Y BROCOLI MANZANA LECHE	CARNE DE RES TAILANDESA (ge) ARROZ BROCOLI NARANJA LECHE
4/10	4/11	4/12	4/13	4/14
BIRRIA (ge) TORTILLA FRIJOLES ZANAHORIAS NARANJA LECHE	POLLO HORNEADO (ge) PASTA COLIFLOR BROCOLI MANZANA LECHE	PAN DE CARNE PURE DE PAPA CON GRAVY COLIFLOR PERA LECHE	CARNE DE RES CON BROCOLI (ge) ARROZ ZANAHORIAS MANZANA LECHE	POLLO CACCIATORE (ge) PASTA BROCOLI NARANJA LECHE
4/17	4/18	4/19	4/20	4/21
CARNE DE RES (ge) ARROZ COLIFLOR NARANJA LECHE	POLLO CON CHILES (ge) TRIGO HERVIDO FRIJOLES EJOTES Y ZANAHORIA MANZANA LECHE	(ge) MACARONI CON CARNE DE RES BROCOLI PERA LECHE	POZOLE (ge) ARROZ CHICHAROS Y ZANAHORIA MANZANA LECHE	FILETE DE PESCADO (ge) PASTA ESPINACA FRIJOLES NARANJA LECHE
4/24	4/25	4/26	4/27	4/28
CARNE ROSTIZADA (ge) ARROZ COLIFLOR NARANJA LECHE	CUARTO DE POLLO (ge) PASTA ZANAHORIAS BROCOLI MANZANA LECHE	(ge) ESPAGUETI CON SALSA DE CARNE VEGETALES PERA LECHE	PAVO CON GRAVY (ge) PAN PURE DE PAPA BROCOLI MANZANA LECHE	POLLO HAWAIANO (ge) ARROZ ESPINACA COLIFLOR NARANJA LECHE



Community
Action
Commission
OF SANTA BARBARA COUNTY

LOCACIONES DE PROGRAMAS DE COMIDA NUTRITIVA

Goleta Community Center - 5679 Hollister Avenue, Goleta
Veteran's Hall - 941 Walnut Street, Carpinteria
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COMIDAD SALUDABLE EN EL HOGAR

del Condado de Santa Bárbara ofrece comidas móviles directamente en su puerta principal. Uno comida caliente , hecha el mismo dia, se puede entregar de Lunes a Viernes . Una comida congelada para el de fin de semana y / o dias festivos puede ser entregada el día anterior.

POR FAVOR LLAME PARA INSCRIBIRSE

(Llamadas recibidas despues de horas de servicio o cuando las lineas estan ocupadas seran contestadas por una grabadora.)

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Este programa se basa en sus donaciones. Una donación sugerida de \$ 3.00 por comida es compatible con la disponibilidad futura . Por favor, de dar lo que puedan . Gracias



CenCal HEALTH
Local. Quality. Healthcare.

De acuerdo con la ley federal y la política del Departamento de Agricultura (USDA) E.E.U.U. , esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo, edad o discapacidad. Para presentar una escritura director de USDA, Oficina de Derechos Civiles, Room 326 - W . Whitten Building , 1400 Independence Avenue, SW , Washington , DC 20250-9410 o llame al (202)720-5964 (voz y TDD) . El USDA es un proveedor de igualdad de oportunidades.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.