

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1-May</b>	<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>
Ratatouille Whole Grain Pasta Squash, Zucchini, Tomatoes, Spinach Dinner Roll & Butter Orange Milk	Sweet & Sour Pork Brown Rice Carrots  Apple Milk	Baked Chicken Whole Grain Pasta Biscuit & Butter Green Salad & Italian Dressing Pear Milk	Beef & Peppers Brown Rice Pinto Beans Cauliflower Apple Milk	White Cod Fish Whole Grain Pasta Dinner Roll & Butter Vegetable Blend Orange Milk
<b>8-May</b>	<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>
Beef Tacos Whole Grain Tortilla Lettuce & Tomato Vegetable Blend & Beans Orange Milk	Chicken Fideo Whole Grain Pasta Cauliflower  Apple Milk	Beef & Broccoli Brown Rice Carrots  Pear Milk	Pork Carnitas Whole Grain Tortilla Cabbage & Lemon Pinto Beans & Vegetable Blend Apple Milk	Pot Roast Carrots & Potatoes Biscuit & Butter  Orange Milk
<b>15-May</b>	<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>
Birra Whole Grain Tortilla Diced Potatoes Carrots Orange Milk	Meat Loaf Whole Grain Dinner Roll Mashed Potatoes & Gravy Cauliflower Apple Milk	Chicken Quarter Whole Grain Pasta Sweet Potato & Butter Vegetable Blend Pear Milk	Beef Stew Carrots & Potatoes Yogurt  Apple Milk	Chicken Cacciatore Whole Grain Pasta Carrots, Celery & Onions Dinner Roll & Butter Orange Milk
<b>22-May</b>	<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>
Chicken Quarter Whole Grain Pasta Red Potatoes & Butter Cauliflower Orange Milk	Braised Beef Brown Rice Onions, Celery & Tomato Vegetable Blend Apple Milk	Chicken & Peppers Orzo Pasta Pinto Beans Broccoli Pear Milk	Macaroni & Beef Whole Grain Pasta Spinach  Apple Milk	Pozole Brown Rice Cabbage & Lemon Carrots Orange Milk
<b>29-May</b>	<b>30-May</b>	<b>31-May</b>		
<b>HOLIDAY</b>	Barbacue Chicken Quarter Diced Potatoes Black Beans Corn Apple Milk	Spaghetti & Meat Sauce Whole Grain Pasta Dinner Roll & Buter Vegetable Blend Pear 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., S.B.
- 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.
- Franklin Community Center** - 1136 E Montecito , S.B.
- LL Davis Community Center** - 1232 De La Vina St, S.B.

**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**

**MAYO 2017**

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
5/1	5/2	5/3	5/4	5/5
Ratatouille (ge) PASTA CALABACITA, JITOMATE, ESPINACA PAN Y MANTEQUILLA  NARANJA LECHE	CARNE DE PUERCO CON SALSA AGRI-DULCE (ge) ARROZ ZANAHORIAS  MANZANA LECHE	POLLO HORNEADO (ge) PASTA BISCUIT & MANTEQUILLA ENSALADA CON ADARESO ITALIANO  PERA LECHE	CARNE DE RES CON CHILES (ge)ARROZ FRIJOLES COLIFLOR  MANZANA LECHE	PESCADO (ge) PASTA PAN & MANTQUILLA VEGETALES  NARANJA LECHE
5/8	5/9	5/10	5/11	5/12
TACOS DE RES (ge) TORTILLA LECHUGA & JITOMATE VEGETALES FRIJOLES NARANJA LECHE	(ge) FIDEO CON POLLO (ge) PASTA COLIFLOR  MANZANA LECHE	CARNE DE RES Y BROCOLI (ge) ARROZ ZANAHORIAS  PERA LECHE	CARNITAS (ge) TORTILLA REPOLLO Y LIMON FRIJOLES VEGETALES MANZANA LECHE	CARNE DE RES ZANAHORIAS Y PAPAS BISCUIT & MANTEQUILLA  NARANJA LECHE
5/15	5/16	5/17	5/18	5/19
BIRRIA (ge) TORTILLA PAPAS ZANAHORIAS  NARANJA LECHE	PAN DE CARNE PAN & MANTEQUILLA PUREE DE PAPA Y GRAVY COLIFLOR  MANZANA LECHE	CUARTO DE POLLO (ge) PASTA CAMOTE & MANTEQUILLA VEGETALES  PERA LECHE	CALDO DE RES ZANAHORIAS Y PAPAS YOGUR  MANZANA LECHE	POLLO CACCIATORE (ge) PASTA ZANAHORIAS, APIO Y CEBOLLA PAN Y MANTEQUILLA  NARANJA LECHE
5/22	5/23	5/24	5/25	5/26
CUARTO DE POLLO (ge) PASTA PAPAS Y MANTEQUILLA COLIFLOR  NARANJA LECHE	CARNE DE RES (ge) ARROZ CEBOLLA, APIO & JITOMATE VEGETALES  MANZANA LECHE	POLLO CON CHILES (ge) PASTA FRIJOLES BROCOLI  PERA LECHE	MACARONI CON CARNE DE RES (ge) PASTA ESPINACA  MANZANA LECHE	POZOLE ARROZ REPOLLO Y LIMON CARROTS  NARANJA LECHE
5/29	5/30	5/31		
CERRADO	CUARTO DE POLLO PAPAS FRIJOLES ELOTE  MANZANA LECHE	e)ESPAGUETI CON SALSA DE CARNE (ge) PASTA PAN & MANTEQUILLA VEGETALES  PERA 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
- Presidio Springs Senior Living** - 721 Laguna St., Santa Barbara
- South County Kitchen** - 315 Camino del Remedio, S.B.
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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 día, se puede entregar de Lunes a Viernes . Una comida congelada para el de fin de semana y / o días festivos puede ser entregada el día anterior.

**POR FAVOR LLAME PARA INSCRIBIRSE**

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

- Santa Barbara** - 805-683-4458
- Santa Maria** - 805-925-3010
- Lompoc** - 805-310-1557

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 ) EE.UU. , 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.