

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1-Jun	2-Jun
			Baked Chicken (wg) Pasta Red Potatoes Green Salad & Italian Dressing Apple Milk	Sweet & Sour Pork (wg) Brown Rice Broccoli Carrots Orange Milk
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun
Braised Beef Onions, Celery & Tomato (wg) Brown Rice Vegetable Blend Orange Milk	Chicken Fideo (wg) Pasta Broccoli Carrots Apple Milk	Beef & Broccoli (wg) Brown Rice Cauliflower Pear Milk	Pork Carnitas (wg) Tortilla Cabbage & Lemon Pinto Beans & Vegetable Blend Apple Milk	Chicken & Dumplings Carrots & Potatoes (wg) Brown Rice Broccoli Orange Milk
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun
Roasted Turkey (wg) Dinner Roll Red Potatoes Salad w/Italian Dressing Orange Milk	Chicken Quarter (wg) Pasta Green Beans Carrots Apple Milk	Meat Loaf (wg) Slice Bread Mashed Potatoes & Gravy Cauliflower Pear Milk	Chicken Cacciatore (wg) Pasta Apple Milk	Beef Stew Carrots & Potatoes (wg) Brown Rice Spinach Milk
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun
Chicken Quarter (wg) Pasta Red Potatoes Green Beans & Carrots Orange Milk	Beef Tacos Lettuce & Tomato (wg) Tortilla Pinto Beans & Vegetable Blend Apple Milk	Chicken & Peppers (wg) Brown Rice Pinto Beans Spinach Pear Milk	Macaroni & Beef (wg) Pasta Cauliflower Apple Milk	Pozole (wg) Brown Rice Cabbage & Lemon Carrots & Broccoli Orange Milk
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun
Sheppard's Pie (wg) Dinner Roll Salad w/Italian Dressing Orange Milk	Barbecue Chicken Quarter (wg) Pasta Black Beans Broccoli Apple Milk	Spaghetti & Meat Sauce (wg) Pasta Vegetable Blend Pear Milk	Chicken Taco's Lettuce & Tomato (wg) Tortilla Pinto Beans & Carrots Apple Milk	White Cod Fish (wg) Brown Rice Green Beans 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

Junio 2017

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
			6/1	6/2
	(ge)-granos enteros		POLLO HORNEADO (ge) PASTA PAPAS ENSALADA CON ADEREZO ITALIANO MANZANA LECHE	CARNE DE PUERCO CON SALSA AGRIDULCE (ge) ARROZ BROCOLI ZANAHORIAS NARANJA LECHE
6/5	6/6	6/7	6/8	6/9
CARNE DE RES CEBOLLA, APIO, JITOMATE (ge) ARROZ VEGETALES NARANJA LECHE	FIDEO CON POLLO (ge) PASTA EJOTES ZANAHORIAS MANZANA LECHE	CARNE DE RES CON BROCOLI (ge) ARROZ COLIFLOR PERA LECHE	CARNITAS (ge) TORTILLA REPOLLO Y LIMON FRIJOLE Y VEGETALES MANZANA LECHE	POLLO Y EMPANADAS ZANAHORIAS Y PAPAS (ge) ARROZ BROCOLI NARANJA LECHE
6/12	6/13	6/14	6/15	6/16
PAVO (ge) PAN PAPAS ENSALADA CON ADEREZO ITALIANO NARANJA LECHE	POLLO HORNEADO (ge) PASTA COLIFLOR MANZANA LECHE	PAN DE CARNE (ge) PAN PURE DE PAPA CON GRAVY COLIFLOR PERA LECHE	POLLO CACCIATORE (ge) PASTA MANZANA LECHE	CALDO DE RES ZANAHORIAS Y PAPAS (ge) ARROZ ESPINACA NARANJA LECHE
6/19	6/20	6/21	6/22	6/23
CUARTO DE POLLO (ge) PASTA PAPAS EJOTES Y ZANAHORIAS NARANJA LECHE	TACOS DE RES LECHUGA Y JITOMATE (ge) TORTILLA FRIJOLE Y VEGETALES MANZANA LECHE	POLLO CON CHILES (ge) ARROZ FRIJOLE ESPINACA NARANJA LECHE	MACARONI CON CARNE DE RES (ge) PASTA COLIFLOR MANZANA LECHE	POZOLE (ge) ARROZ REPOLLO Y LIMON ZANAHORIAS Y BROCOLI NARANJA LECHE
6/26	6/27	6/28	6/29	6/30
SHEPPARD'S PIE (ge) PAN ENSALADA CON ADEREZO ITALIANO NARANJA LECHE	CUARTO DE POLLO (ge) PASTA FRIJOLE BROCOLI MANZANA LECHE	ESPAGUETI CON SALSA DE CARNE VEGETALES (ge) PASTA PERA LECHE	TACOS DE POLLO LECHUGA Y JITOMATE (ge) TORTILLA FRIJOLE Y ZANAHORIAS MANZANA LECHE	FILETE DE PESCADO (ge) ARROZ EJOTES 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
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. Una comida caliente , hecha el mismo día, se puede entregar de Lunes a Viernes . Una comida congelada para el 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 líneas 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.