

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul
Beef & Broccoli (wg) Brown Rice Carrots Orange Milk	HOLIDAY	(wg) Spaghetti & Meat Sauce (wg) Sliced Bread & Butter Salad w/Italian Dressing Pear Milk	Pork Carnitas (wg) Tortilla Pinto Beans Vegetable Blend Apple Milk	Chicken & (wg) Dumplings Salad w/Italian Dressing Orange Milk
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul
Sheppard's Pie (wg) Sliced Bread & Butter Salad w/Italian Dressing Orange Milk	Hawaiian Chicken (wg) Brown Rice Broccoli Apple Milk	Sweet & Sour Pork (wg) Brown Rice Broccoli Pear Milk	Chicken Cacciatore (wg) Pasta Salad w/Italian Dressing Apple Milk	Vegetable Fajitas (wg) Tortilla Black Beans Yogurt Orange Milk
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul
Chicken Fideo (wg) Pasta Broccoli Carrots Orange Milk	Meat Loaf Mashed Potatoes & Gravy Cauliflower Apple Milk	Chicken & Peppers (wg) Brown Rice Pinto Beans Broccoli Pear Milk	(wg) Macaroni & Beef (wg) Sliced Bread & Butter Cauliflower Apple Milk	Pozole (wg) Brown Rice Cabbage & Lemon Carrots & Broccoli Orange & Milk * High Sodium Meal
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul
Vegetable Curry (wg) Brown Rice Yogurt Orange Milk	Barbecue Chicken (wg) Pasta Black Beans Corn & Broccoli Apple Milk	Beef Tacos (wg) Tortilla Lettuce & Tomato Pinto Beans & Vegetable Blend Pear Milk	(wg) Macaroni & Cheese w/ Ham & Peas Salad w/Italian Dressing Apple Milk * High Sodium Meal	Turkey Dinner Mashed Potatoes & Gravy (wg) Sliced Bread & Butter Salad w/Italian Dressing Orange & Milk * High Sodium Meal
31-Jul				
Chicken Cordon Bleu Mashed Potatoes & Gravy Salad w/Italian Dressing Orange Milk * High Sodium Meal				

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

Julio 2017

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
7/3	7/4	7/5	7/6	7/7
CARNE DE RES CON BROCOLI (ge) ARROZ ZANAHORIA NARANJA LECHE	CERRADO	(ge)ESPAGUETI CON SALSAS DE CARNE PAN CON MANTEQUILLA ENSALADA CON ADEREZO ITALIANO PERA LECHE	CARNITAS (ge) TORTILLA FRIJOLES VEGETALES MANZANA LECHE	POLLO Y (ge) EMPANADAS ENSALADA CON ADEREZO ITALIANO NARANJA LECHE
7/10	7/11	7/12	7/13	7/14
SHEPPARD'S PIE (ge) PAN CON MANTEQUILLA ENSALADA CON ADEREZO ITALIANO NARANJA LECHE	POLLO HAWAIIANO (ge) ARROZ BROCOLI MANZANA LECHE	CARNE DE PUERCO CON SALSAS AGRIDULCES (ge) ARROZ BROCOLI PERA LECHE	POLLO CACCIATORE (ge) PASTA ENSALADA CON ADEREZO ITALIANO MANZANA LECHE	FAJITAS DE VEGETALES (ge) TORTILLA FRIJOLES YOGUR NARANJA LECHE
7/17	7/18	7/19	7/20	7/21
(ge) FIDEO CON POLLO (ge) PASTA BROCCOLI ZANAHORIAS NARANJA LECHE	PAN DE CARNE PURE DE PAPA CON GRAVY COLIFLOR MANZANA LECHE	POLLO CON CHILES (ge) ARROZ FRIJOLES BROCOLI PERA LECHE	(ge) MACARONI CON CARNE DE RES (ge) PAN CON MANTEQUILLA COLIFLOR MANZANA LECHE	POZOLE (ge) ARROZ REPOLLO Y LIMON ZANAHORIA Y BROCOLI NARANJA LECHE
7/24	7/25	7/26	7/27	7/28
CURRY DE VEGETALES (ge) ARROZ YOGUR NARANJA LECHE	POLLO (ge) PASTA FRIJOLES ELOTE & BROCOLI MANZANA LECHE	TACOS DE CARNE DE RES (ge) TORTILLA LECHUGA Y JITOMATE FRIJOLES Y VEGETALES NARANJA LECHE	(ge) MACARONI Y QUESO CON JAMON CHICHAROS ENSALADA CON ADEREZO ITALIANO MANZANA LECHE	PAVO PURE DE PAPAS CON GRAVY (ge) PAN Y MANTEQUILLA ENSALADA CON ADEREZO ITALIANO NARANJA LECHE
7/31				
POLLO CON QUESO Y JAMON PURE DE PAPA CON GRAVY ENSALADA CON ADEREZO ITALIANO NARANJA LECHE	(ge)-granos enteros			



**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.
Lompoc Senior Center - 1120 West Ocean Avenue, Lompoc
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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 después de horas de servicio o cuando las líneas están ocupadas serán 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.