

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Aug	2-Aug	3-Aug	4-Aug
	Beef Taco (wg) Tortilla Lettuce & Tomato Pinto Beans & Broccoli Apple Milk	Chicken Cacciatore (wg) Pasta Primavera Pear Milk	Pork Carnitas (wg) Tortilla Cabbage & Lemon Pinto Beans & Peas Apple Milk	Chicken & (wg) Dumplings Broccoli Salad w/Italian Dressing Orange Milk
7-Aug	8-Aug	9-Aug	10-Aug	11-Aug
Sheppard's Pie (wg) Sliced Bread & Butter Salad w/Italian Dressing Orange Milk	Hawaiian Chicken (wg) Brown Rice Broccoli Peas Apple Milk	Sweet & Sour Pork (wg) Brown Rice Peas & Carrots Pear Milk	(wg) Spaghetti & Meat Sauce (wg) Sliced Bread & Butter Salad w/Italian Dressing Apple Milk	Vegetable Fajitas Tortilla (wg) Lentils Orange Milk
14-Aug	15-Aug	16-Aug	17-Aug	18-Aug
Chicken Fideo (wg) Pasta (wg) Sliced Bread & Butter Broccoli & Carrots Orange Milk	Meat Loaf (wg) Sliced Bread & Butter 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 Broccoli Orange Milk
21-Aug	22-Aug	23-Aug	24-Aug	25-Aug
Vegetable Curry (wg) Lentils Orange Milk	Baked Chicken (wg) South Western Pasta Broccoli Apple Milk	Beef & Broccoli (wg) Brown Rice Carrots Pear Milk	Pork Loin (wg) Sliced Bread & Butter Sweet Potato Salad w/Italian Dressing Apple Milk	Turkey Dinner (wg) Stuffing Mashed Potatoes & Gravy Broccoli Orange Milk
28-Aug	29-Aug	30-Aug	31-Aug	
Beef & Peppers (wg) Brown Rice Pinto Beans Broccoli Orange Milk	Chicken Cordon Bleu (wg) Sliced Bread & Butter Mashed Potatoes & Gravy Green Beans Apple Milk	Birra Style Pork Stew (wg) Brown Rice Carrots Pear Milk	(wg) Vegetable Lasagna & Marinara Sauce (wg) Sliced Bread & Butter Spinach Apple 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

AGOSTO 2017

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	8/1	8/2	8/3	8/4
(ge)-granos enteros	TACOS DE RES (ge) TORTILLA LECHUGA Y JITOMATE FRIJOLES Y BROCOLI MANAZA LECHE	POLLO CACCIATORE (ge) PASTA PRIMAVERA PERA LECHE	CARNITAS (ge) TORTILLA REPOLLO Y LIMON CHICHAROS Y FRIJOLES MANZANA LECHE	(ge) EMPANADAS Y POLLO BROCOLI ENSALADA CON ADEREZO ITALIANO NARANJA LECHE
8/7	8/8	8/9	8/10	8/11
SHEPARD'S PIE (ge) PAN ENSALADA CON ADEREZO ITALIANO NARANJA LECHE	POLLO HAWAIIANO (ge) ARROZ BROCOLI CHICHAROS MANZANA LECHE	CARNE DE PUERCO CON Salsa AGRIDULCE (ge) ARROZ CHICHAROS Y ZANAHORIAS PERA LECHE	(ge) ESPAGUETI CON Salsa DE CARNE (ge) PAN CON MANTEQUILLA ENSALADA CON ADEREZO ITALIANO MANZANA LECHE	FAJITAS DE VEGETALES TORTILLA (ge) LENTEJAS NARANJA LECHE
8/14	8/15	8/16	8/17	8/18
FIDEO CON POLLO (ge) PASTA (ge) PAN Y MANTEQUILLA BROCOLI Y ZANAHORIAS NARANJA LECHE	PAN DE CARNE (ge) PAN 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 BROCOLI NARANJA LECHE
8/21	8/22	8/23	8/24	8/25
CURRY DE VEGETALES (ge) LENTEJAS NARANJA LECHE	POLLO HORNEADO (ge) PASTA BROCOLI MANZANA LECHE	CARNE DE RES CON BROCOLI (ge) ARROZ ZANAHORIA PERA LECHE	CHULETA DE PUERCO (ge) PAN CAMOTE ENSALADA CON ADEREZO ITALIANO MANZANA LECHE	PAVO CON GRAVY (ge) PAN PURE DE PAPA BROCOLI NARANJA LECHE
8/28	8/29	8/30	8/31	
CARNE DE RES CON CHILES (ge) ARROZ FRIJOLES BROCOLI NARANJA LECHE	POLLO CON QUESO Y JAMON (ge) PAN PURE DE PAPA CON GRAVY EJOTES MANZANA LECHE	BIRRIA (ge) ARROZ ZANAHORIAS PERA LECHE	LASAGNA DE VEGETALES CON Salsa MARINARA (ge) PAN ESPINACA MANZANA 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 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 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.