



# June 2024

## Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+: \$3.00</b>  <b>GUESTS AGES 59 AND UNDER: \$6.00</b>  <b>MENU IS SUBJECT TO CHANGE .</b>  <b>"WW" -Whole Wheat Milk is provided daily</b></p>	<p><b>FOR MORE INFORMATION:</b></p> <p><b>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483</b>  <b>MONDAY-FRIDAY: 11:30 AM - 12:30 PM</b></p>
<p><b>3</b>  <b>WW SPAGHETTI &amp; MEAT SAUCE</b>                      Peas and Carrots                      Loose Leaf Salad                      Orange Slices                      French Bread</p>	<p><b>4</b>  <b>PORK CHOP MEXICANA</b>                      Brown Rice                      Cooked Zucchini                      Romaine Salad                      Peaches                      WW Tortilla</p>	<p><b>5</b>  <b>MEAT LOAF</b>                      Mashed Potatoes                      Green Beans                      Loose Leaf Salad                      Banana                      WW Bread</p>	<p><b>6</b>  <b>COLD TURKEY SANDWICH</b>                      Pasta Salad                      Carrot Raisin Salad                      Fresh Orange Cup</p>	<p><b>7</b>  <b>BAKED FISH</b>                      Potato Wedges                      Corn                      Coleslaw                      Bread Pudding                      WW Bread                      Orange Juice</p>
<p><b>10</b>  <b>HERB BAKED CHICKEN</b>                      Steamed Rice                      Green Beans                      Loose Leaf Salad                      Fresh Orange Cup                      WW Bread</p>	<p><b>11</b>  <b>High Sodium Meal ROAST PORK</b>                      w/WW Bread Stuffing                      Mashed Potatoes                      Cooked Carrots                      Apple                      Orange Juice</p>	<p><b>12</b>  <b>BAKED CHICKEN BREAST</b>                      Mashed Potato                      Spinach                      Carrot Raisin Salad                      Fruit Cocktail                      WW Bread</p>	<p><b>13</b>  <b>CHILI BEANS</b>                      w/Shredded Cheese                      Green Salad                      Corn Bread                      Fresh Orange Cup</p>	<p><b>14</b>  <b>CHICKEN SOFT TACO</b>                      w/ Taco Toppings                      Spanish Rice                      Black Beans                      Fruit Cocktail                      WW Tortilla</p>
<p><b>17</b>  <b>BAKED ZITI</b>                      Cooked Zucchini                      Green Salad                      Orange Slices                      WW Bread</p>	<p><b>18</b>  <b>High Sodium Meal CHICKEN TERIYAKI</b>                      Steamed Rice                      Mixed Vegetables                      Romaine Salad                      Fresh Pineapple                      WW Bread</p>	<p><b>19</b>  <b>STUFFED PEPPER</b>                      Potato Salad                      Peas and Carrots                      Loose Leaf Salad                      Fruit Cocktail                      WW Bread</p>	<p><b>20</b>  <b>ROAST TURKEY</b>                      Mashed Potatoes                      Buttered Corn                      Carrot Raisin Salad                      Oatmeal Cookie                      WW Bread                      Apple Juice</p>	<p><b>21</b>  <b>TUNA SALAD</b>                      Pasta Salad                      3 Bean Salad                      Cantaloupe                      WW Bread</p>
<p><b>24</b>  <b>CHICKEN FAJITAS</b>                      Brown Rice                      Black Beans                      Fresh Pineapple                      WW Tortilla</p>	<p><b>25</b>  <b>SWEDISH MEATBALLS</b>                      On Noodles                      Peas and Carrots                      Loose Leaf Salad                      Seasonal Melon                      WW Bread</p>	<p><b>26</b>  <b>Senior Birthdays! (RSVP required) BBQ CHICKEN</b>                      Baked Potato                      Mixed Vegetables                      Coleslaw                      Fresh Pineapple                      WW Bread</p>	<p><b>27</b>  <b>MEAT LOAF</b>                      Baked Potato                      Corn                      Romaine Salad                      Bread Pudding                      WW Bread                      Apple Juice</p>	<p><b>28</b>  <b>High Sodium Meal HAM &amp; SPINACH QUICHE</b>                      Green Beans                      Coleslaw                      Orange Slices                      WW Bread</p>

**FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES- PUBLIC GUARDIAN THROUGH A GRANT AWARD FROM THE DEPARTMENT OF AGING.**

We strive to provide high quality food and consistently follow our monthly menu. We do our best to serve the items on our menu as advertised; however, we appreciate your understanding that the menu is subject to change daily. In addition, although we do our best to forecast how many meals will be needed daily, the demand for meals greatly varies and we may run out of the advertised menu; however, we will always have an option for lunch to provide any senior that participates in the daily nutrition program. Thank you for your understanding. Please call (909) 625-9483 with any questions or concerns.

## JOIN US FOR THESE UPCOMING ACTIVITIES DURING SENIOR LUNCH

- June 26: Senior Birthdays! Theme: Backyard BBQ

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### CITY OF MONTCLAIR FOOD DISTRIBUTION

Thursday, June 20 from 9:30 AM - 10:30 AM

Montclair Community Center

To qualify you must bring a valid ID and live in San Bernardino County. All participants are responsible for picking-up their food in the Community Center and taking it to their car. (Participants may bring a cart or wagon to help carry the commodities to their vehicle). Food will be distributed on a first come, first serve basis or while supplies last. Please park in the Montclair Civic Center parking lots.

The program is coordinated with the Community Action Partnership of San Bernardino County. Commodities to be given may include canned meat, canned vegetables, flour, corn meal, pudding, sauces, pasta, juices, and frozen items. The commodities change from month to month. Call (909) 625-9483 for information on qualifying income guidelines, confirmation of dates and food items.

Please refer to The Emergency Food Assistance Program (TEFAP) 2023 Income Guidelines to determine if you qualify.

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### SENIOR MOBILE PANTRY PROGRAM

by Feeding America

Wednesday, June 26 from 9 AM - 11 AM

Recreation Center Patio

All ages welcome (one per household)

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### Montclair Senior Nutrition Meal Program Contributions

Thank you for participating in the City of Montclair's Senior Nutrition Meal program. We are privileged to serve our community during these difficult and uncertain times, but we need your help now more than ever! This program is primarily grant-funded, but still relies on the generous support of our community to continue serving healthy, daily meals to Montclair senior citizens.

The senior nutrition suggested contribution is \$3.00; however, not everyone can afford to contribute, and your contribution is not a requirement for you to receive a meal if you are eligible for the program. Any extra small contribution will help to maintain the meal program we are providing.

The Montclair Senior Nutrition Meal Program is asking that you please contribute what you can to help support and continue this program. Your contribution will be used to make a positive impact in the lives of Montclair senior citizens in our community. To donate to Senior Nutrition please make checks payable to the City of Montclair. If you would like your donation to the Senior Center programs, please make checks payable to the Montclair Community Foundation. If you have any questions regarding donations, please call (909) 625-9459.

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### INTERESTED IN HELPING YOUR COMMUNITY?

We are looking for volunteers to help with the food distribution events and senior lunch. **We cannot run our in-person programming without your help!** If you are interested in volunteering with City Senior Programs, please call the Senior Center at (909) 625-9483.