

## November 2024

Montclair Senior Center Lunch Menu



SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+ \$3.00 GUESTS AGES 59 AND UNDRE: \$6.00 MENU IS SUBJECT TO CHANGE. "WW" - Whole Wheat Milk is provided daily 5 provided daily 6 Peaches WW Bread Pinto Beans Pineapple WW Bread Pinto Beans Pinto
FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (999) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM  4 SHEPHERDS PIE Loose Leaf Salad Banana Vanilla Pudding WW Bread  11 Clased CHICKEN Pineapple WW Tortilla  11 Clased CHICKEN ENCHILADA CHICKEN ENCHILADA CHICKEN ENCHILADA CHICKEN ENCHILADA CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices Pread Pudding WW Bread  Orange Slices Bread Pudding WW Hamburger Bun Potato Salad Peaches WW Bread  Orange Slices Steamed Broccoli Loose Leaf Salad Orange Slices WW Bread  Orange Slices WW Bread  Orange Slices  T  8 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Orange Slices WW Bread  Orange Slices WW Bread  Orange Slices  Ta  11 Clased CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  Ta  18 WW SPAGHETTI ENGRATED WW Tortilla  Ta  19 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla  27 PORK CHOP MEXICANA Peaches WW Tortilla  Toring WW Bread  Toring WW Bread  WW Bread  T
SHEPHERDS PIE Loose Leaf Salad Banana Vanilla Pudding WW Bread  11  Clased  High Sodium Meal BEEF SOFT TACO W/ Taco Toppings Spanish Rice Pinto Beans Pineapple WW Tortilla  12  High Sodium Meal Peaches WW Bread  Orange Slices  Pinto Beans Pineapple WW Tortilla  12  High Sodium Meal CHICKEN Baked Potatoes Green Beans Peaches WW Bread  Orange Slices  11  12  High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  18  WW SPAGHETTI ROMANA Peas and Carrots Loose Leaf Salad Orange Slices  Poron Rice Cooked Zucchini Romaine Salad Peaches WW Bread  Orange Slices  Table WW SPAGHETTI Romaine Salad Orange Slices  Poron Rice Cooked Zucchini Romaine Salad Peaches WW Bread  Orange Slices  Romaine Salad Peaches WW Bread  Orange Slices  Romaine Salad Potatoes Steamed Broccoli Loose Leaf Salad Orange Slices  WW Bread Orange Slices  Poron Rice Cooked Zucchini Romaine Salad Peaches WW Bread  Orange Slices  Romaine Salad Banana WW Bread  Orange Slices  Romaine Salad Peaches WW Bread  Orange Slices  Romaine Salad Banana WW Bread  Orange Slices  Romaine Salad Banana WW Bread  Orange Slices  Orange Slices  Romaine Salad Banana WW Bread  Orange Slices  Orange Slices  Romaine Salad Banana WW Bread  Orange Slices  Romaine Salad Banana BackeD Potatoes Baked Po
SHEPHERDS PIE Loose Leaf Salad Banana Vanilla Pudding WW Bread  11  Clased  CHICKEN  Baked Potatoes Green Beans Pineapple WW Tortilla  12  High Sodium Meal Pineapple WW Tortilla  13  LASAGNA W/W PASTA ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  18  WW SPAGHETTI ROMANA Peas and Carrots Loose Leaf Salad Orange Slices  Port Chicken Baked Potatoes Green Beans Potato Salad Peaches WW Bread Orange Slices  WW Bread Orange Slices  18  19  20  11  21  MEAT LOAF MEXICANA Peas and Carrots Loose Leaf Salad Orange Slices  Port Chicken Baked Potatoes Mixed Vegetables Coleslaw Fresh Pineapple WW Bread  WW Bread  Coleslaw Fresh Pineapple WW Bread  Coloselaw Fresh Pineapple WW Bread  Corn Cooked Zucchini Romaine Salad French Bread  Peaches WW Bread  Corn Cooked Zucchini Romaine Salad Banana WW Bread  Corn Corn Corn Corn Corn Corn Corn Cor
BEEF SOFT TACO Banana Vanilla Pudding WW Bread WW Tortilla  11  Clased CHICKEN Baked Potatoes Green Beans Pinte Baked Potatoes Green Beans Romaine Salad Peas and Carrots Beans Loose Leaf Salad Orange Slices Poss and Carrots Beans Loose Leaf Salad Orange Slices Poss and Carrots Beans Loose Leaf Salad Carrot Raisin Salad Fresh Orange Cup Bread Potatoes Steamed Broccoli Loose Leaf Salad Porange Slices WW Bread Orange Slices Steamed Broccoli Loose Leaf Salad Porange Slices WW Bread Orange Slices Steamed Broccoli Loose Leaf Salad Porange Slices WW Bread Orange Slices Poss and Carrots WW Bread WW Bread  Coleslaw Potato Salad Apple WW Bread Orange Slices Peas and Carrots Mixed Pruti Cup Seasonal Melon WW Bread  Coleslaw Potato Salad Peas Apple WW Bread Orange Slices  Peas and Carrots Seasonal Melon WW Bread Corn Corn Corn Corn Corn Corn Corn Corn
Banana Vanilla Pudding WW Bread WM Bread WM Bread WM Bread  I1  Clased High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  I8  WW SPAGHETTI WMEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices  I8  I9  WW SPAGHETTI WMEAT SAUCE Peas and Carrots Loose Leaf Salad Mixed Fouttoes Green Beans Romaine Salad Peaches WW Bread  WW Bread Orange Slices WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  I8  I9  20  MEAT LOAF MEXICANA Brown Rice Green Beans Loose Leaf Salad Orange Slices  French Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  I8  I9  20  MEAT LOAF Mexican Rice Orange Slices  Green Beans Loose Leaf Salad Orange Slices  WW Bread Orange Slices  French Bread Orange Slices  WW Bread  Corn Coleslaw Bread Potatoes Bread Pudding WW Bread Orange Juice  25  Peaches WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  Fresh Orange Cup Bread Pudding WW Bread Orange Juice  I 10  BBQ CHICKEN BBQ CHICKEN BRAKED Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread Orange Slices  Coll Turkey SANDWICH Potato Wedges Corn Coleslaw Fresh Orange Cup Bread Pudding WW Bread Orange Juice  III  I 2  I 2  III I 5  I 3  I 4  I 4  I 4  I 5  I 5  I 6  I 6  I 6  I 7  I 7  I 7  I 7  I 7
Vanilla Pudding WW Bread Pinto Beans Pinto Beans Pineapple WW Tortilla  12 13 14 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  Peas and Carrots Corange Slices  18 19 20 WW SPAGHETTI & MEXICANA Peas and Carrots Loose Leaf Salad Orange Slices  18 19 20 WW SPAGHETTI & MEXT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices  Potato Salad Vegetable Salad Orange Slices  WW Bread  Potato Salad Vegetable Salad Orange Slices  WW Bread  Potato Salad Vegetable Salad Orange Slices  WW Bread  Peas and Carrots Seasonal Melon WW Bread  Potato Salad Vegetable Salad Orange Slices  WW Bread  Peas and Carrots Orange Slices  Portoto Salad Vegetable Salad Orange Slices  Peas and Carrots Orange Slices  Portoto Salad Vegetable Salad Orange Slices  Peas and Carrots Orange Slices  MEXICANA Bread Potatoes Orange Slices  MEXICANA Cooked Zucchini Romaine Salad Banana WW Bread  Corn Coleslaw Fresh Orange Cup  Bread Pudding WW Bread Orange Juice  Potato Salad Vegetable Salad Orange Slices  Mixed Protato Mixed Protato Mixed Freint Cup Garlic Bread Orange Slices  Cold TURKEY SANDWICH Potato Wedges Corn Coleslaw Fresh Orange Cup  Bread Pudding WW Bread Orange Juice  Pass Salad Orange Juice  Potato Salad Vegetable Salad Orange Slices  Mixed Protato Mixed Prota
Pinto Beans Pineapple WW Tortilla  Peaches WW Bread  Orange Slices  Peaches WW Bread  Orange Juice  11  12  13  LASAGNA W/WW PASTA Buttered Zucchini Romaine Salad CASSEROLE Refried Beans Mexican Rice Orange Slices  Peas and Carrots Garlic Bread  New Bread  Orange Slices  Peas and Carrots Green Salad Seasonal Melon WW Bread  WW Bread  Fresh Pineapple WW Bread  Orange Slices  Pork CHOP MEAT LOAF Mexican Rice Orange Slices  Peas and Carrots Green Beans Loose Leaf Salad Orange Slices  Pork CHOP MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Orange Slices  Port CHOP MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Orange Slices  Port CHOP MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Orange Slices  Port CHOP MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Orange Slices  Port CHOP Meat Loaf Mexican Rice Green Beans Loose Leaf Salad Orange Slices  Port CHOP Mixed Vegetable Salad Seasonal Melon WW Bread Collo TURKEY SANDWICH Potato Wedges Potato Wedges Corn Color Turkey Sandwich Potato Wedges Potato Wedges Corn Color Turkey Sandwich Potato Wedges Potato Wedges Corn Color Turkey Sandwich Potato Wedges Potato With Bread Potato Corn Color Turkey Sandwich Potato Wedges Potato Mixed Protato Mixed Protato Mixed Vegetables Coleslaw Fresh Prineapple WW Bread Corn Color Turkey Sandwich Fresh Orange Cup Bread Pudding WW Bread Orange Juice
Pineapple WW Tortilla  Peaches WW Bread Orange Slices  WW Bread Orange Juice  11  12  High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  Refried Beans Mexican Rice Orange Slices  18  19  20  MEAT LOAF MEAT SAUCE Peas and Carrots Brown Rice Cooked Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread  MEXICANA MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices  Peaches WW Bread  Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  WW Bread Orange Slices  Coleslaw Fresh Pineapple WW Bread  WW Bread  Corn Coleslaw Fresh Pineapple WW Bread  Carrot Raisin Salad Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  25  ROAST PORK  ROAST PORK  Senior Birthday!
WW Tortilla  11  12  High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  18  19  PORK CHOP Mexican Rice Peas and Carrots Garlic Bread  18  19  20  MEAT LOAF Mexat SAUCE Peas and Carrots Mixed Fruit Cup Garlic Bread  18  19  20  MEAT LOAF Mexican Rice Orange Slices  Mexican Rice Orange Slices  18  WW SPAGHETTI Mexican Rice Cooked Zucchini Cooked Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread  MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Orange Slices French Bread  WW Bread  Corn Coleslaw Fresh Pineapple WW Bread COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  25  PASSEROLE Romaine Salad Romaine Salad Peaches WW Bread Orange Juice  25  PASSEROLE Romaine Salad Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread Corn Coleslaw Fresh Orange Cup WW Bread Orange Juice  25  PASSEROLE Romaine Salad Fresh Orange Cup WW Bread Orange Juice  25  PASSEROLE Romaine Salad Banana WW Tortilla  Pasta Salad Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  25  PASSEROLE Romaine Salad Banana WW Bread Orange Juice  26  PASSEROLE Romaine Salad Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  26  PASSEROLE Romaine Salad Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread Orange Juice  27  Senior Birthday!
11 12
High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  18 19 20 WW SPAGHETTI & MEXICANA Peas and Carrots Brown Rice Peas and Carrots Mexican Rice Orange Slices  18 19 20 MEAT LOAF Mexican Beans Moxed Potatoes Mexican Rice Orange Slices  18 19 20 MEAT LOAF Mexican Rice Orange Slices  Mexican Rice Orange Slices  18 19 20 MEAT LOAF Mashed Potatoes Peas and Carrots Loose Leaf Salad Orange Slices French Bread  Orange Slices  French Bread  Peaches WW Bread  Corn Coleslaw Fresh Pineapple WW Bread  Cold TURKEY SANDWICH Potato Wedges Corn Coleslaw Fresh Orange Cup Bread Pudding WW Bread Orange Juice  25 46 ROAST PORK  Pasta Salad Carrot Raisin Salad Fresh Orange Cup Bread Pudding WW Bread Orange Juice
CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices  18 19 20 WW SPAGHETTI & MEXICANA Peas and Carrots Brown Rice Loose Leaf Salad Orange Slices  Peas and Carrots Loose Leaf Salad Orange Slices  CHICKEN ENCHILADA CASSEROLE Refried Beans Mixed Fruit Cup Garlic Bread Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Mixed Vegetables Coleslaw Fresh Pineapple WW Bread  WW Bread  COLD TURKEY SANDWICH Potato Wedges Corn Coleslaw Fresh Orange Cup  Bread Pudding WW Bread Orange Juice  Passa Salad Fresh Orange Cup  WW Bread Orange Juice  Passa Salad Fresh Orange Cup  WW Bread Orange Juice  Passa Salad Fresh Orange Cup  WW Bread Orange Juice  Passa Salad Fresh Orange Fresh Orange Cup  Porange Juice  Porange Cup  Porange Sices Fresh Orange Fresh Orange Cup  Porange Juice  Passa Salad Fresh Orange Fresh Orange Cup  Porange Juice  Porange Sices Fresh Orange Fresh Orange Cup  Porange Sices Fresh Orange Fresh Orange Cup  Porange Juice  Porange Sices Fresh Orange Fresh Orange Cup  Porange Sices Fresh Orange Sices  Porange Sices Fresh Orange Sices
Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread  18  19  20  WW SPAGHETTI & MEXICANA Peas and Carrots Mixed Vegetables Coleslaw Fresh Pineapple WW Bread  WW Bread  21  22  BAKED FISH Potato Wedges  Corn Coleslaw Fresh Pineapple WW Bread  Corn Coleslaw Fresh Orange Cup  Brown Rice Cooked Zucchini Romaine Salad French Bread  Peaches WW Tortilla  25  26  27  Senior Birthday!
CASSEROLE Refried Beans Mexican Rice Orange Slices  18 19 20 WW SPAGHETTI WEXTLANA Peas and Carrots Loose Leaf Salad Orange Slices  Peas and Carrots Loose Leaf Salad Orange Slices  Romaine Salad Mixed Fruit Cup Garlic Bread  WW Bread  Coleslaw Fresh Pineapple WW Bread  COLD TURKEY SANDWICH Potato Wedges Pasta Salad Corn Cold TURKEY SANDWICH Potato Wedges Corn Corn Coleslaw Peaches Green Beans Loose Leaf Salad Coleslaw Fresh Orange Cup Bread Pudding WW Bread Orange Juice  25 26 27 Senior Birthday!
Refried Beans Mexican Rice Orange Slices  18 19 PORK CHOP Mexican Rice Peas and Carrots Loose Leaf Salad Orange Slices  Romaine Salad French Bread  Peaches WW Tortilla  Refried Beans Mixed Fruit Cup Garlic Bread  Mixed Fruit Cup Garlic Bread  Seasonal Melon WW Bread  COLD TURKEY SANDWICH Potato Wedges Pasta Salad Carrot Raisin Salad Fresh Pineapple WW Bread  COLD TURKEY SANDWICH Potato Wedges Corn Carrot Raisin Salad Fresh Orange Cup  Bread Pudding WW Bread Orange Juice  25 26 27 Senior Birthday!
Mexican Rice Orange Slices  18 19 20 WW SPAGHETTI & MEXICANA Peas and Carrots Loose Leaf Salad Orange Slices  French Bread  Mexican Rice Orange Slices  MEAT LOAF MEXICANA Mashed Potatoes Green Beans Loose Leaf Salad Orange Slices French Bread  Peaches WW Bread  Collo TURKEY SANDWICH Potato Wedges Corn Carrot Raisin Salad Carrot Raisin Salad Fresh Orange Cup  WW Bread  WW Bread  Orange Juice  25 26 27 Senior Birthday!
Orange Slices  18 19 PORK CHOP MEAT LOAF MEXICANA Peas and Carrots Loose Leaf Salad Orange Slices French Bread French Bread  Peaches WW Tortilla  Orange Slices Peas and Carrots Brown Rice Cooked Zucchini Romaine Salad Peaches WW Bread  Orange Slices French Bread Peaches WW Bread  Orange Slices French Bread Peaches WW Bread  Orange Slices French Bread Peaches WW Bread  Orange Slices Fresh Orange Cup WW Bread Orange Juice  25 Peaches WW Bread Orange Juice  27 Senior Birthday!
WW SPAGHETTI & MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread Peaches WW Tortilla  PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla  Peaches WW Tortilla  Pork CHOP MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread WW Bread WW Bread Orange Juice  25 Peaches WW Tortilla  Potato Wedges Corn Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  27 Senior Birthday!
WW SPAGHETTI & MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread Peaches WW Tortilla  PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla  Peaches WW Tortilla  Pork CHOP MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread WW Bread WW Bread Orange Juice  25 Peaches WW Tortilla  Potato Wedges Corn Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  27 Senior Birthday!
& MEAT SAUCE Peas and CarrotsMEXICANA Brown Rice Cooked Zucchini Romaine Salad French BreadMashed Potatoes Green Beans Loose Leaf Salad Banana WW BreadSANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange CupPotato Wedges Corn Carrot Raisin Salad Fresh Orange CupWW Bread WW BreadWW BreadWW BreadWW Bread25 HERB BAKEDROAST PORK27 Senior Birthday!28 Senior Birthday!28 Senior Birthday!
Peas and Carrots Loose Leaf Salad Orange Slices French Bread Peaches WW Tortilla  Peaches WW Tortilla  Corn Cooked Zucchini Romaine Salad French Bread Peaches WW Bread Orange Juice  Pasta Salad Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  25 Brown Rice Cooked Zucchini Romaine Salad Banana WW Bread Orange Juice  27 Senior Birthday!
Loose Leaf Salad Orange Slices French Bread Peaches WW Tortilla  Cooked Zucchini Romaine Salad Banana WW Bread WW Tortilla  Corrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  25 HERB BAKED ROAST PORK ROAST PORK  Carrot Raisin Salad Fresh Orange Cup WW Bread Orange Juice  27 Senior Birthday!
Orange Slices Romaine Salad Banana Fresh Orange Cup Bread Pudding WW Bread Orange Juice  25 26 27 28 BELLIC Senior Birthday! Fresh Orange Cup Bread Pudding WW Bread Orange Juice
French Bread Peaches WW Bread WW Bread Orange Juice  25 26 27 28 PLAN 29 29 Senior Birthday!
WW Tortilla  Orange Juice  25  HERB BAKED  ROAST PORK  Senior Birthday!  Orange Juice  28  PORT OF THE
25 26 27 28 BOLES 29 HERB BAKED ROAST PORK Senior Birthday! 29 29 29 29 29 20 20 20 20 20 20 20 20 20 20 20 20 20
HERB BAKED ROAST PORK Senior Birthday!
CHICKEN  Navy Bean Soup  Mashed Potatoes  W/WW Bread Stuffing  Mashed Potatoes  ROAST TURKEY  W/WW Bread Stuffing  ROAST TURKEY
Navy Bean Soun Mashed Potatoes ROAST TURKEY / WILLIAM for the holiday
rady bean soup   mashed rotatees
Steamed Rice Cooked Carrots Mashed Potatoes on November 28
Green beans I Apple I I I I I I I I I I I I I I I I I I I
Loose Leaf Salad Orange Juice Carrot Raisin Salad
Fresh Orange Cup
I WWW Bread I
WW Bread  Apple Juice

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

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

• November 27: Senior Birthday! Theme: Halloween!

#### CITY OF MONTCLAIR FOOD DISTRIBUTION

#### Thursday, November 21 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.

# SENIOR MOBILE PANTRY PROGRAM by Feeding America Wednesday, November 27 from 9 AM - 11 AM

Recreation Center Patio

All ages welcome (one per household). First come, first served.

### **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.

Services have been provided by San Bernardino County Department of Aging and Adult Services – Public Guardian (DAAS-PG). The materials or product were a result of a project funded by a contract with the California Department of Aging.

If you have any questions regarding donations, please call (909) 625-9459.

#### **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.

All ages welcome (one per household). First come, first served.