JULY 2026 MONTCLAIR SENIOR CENTER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+: $3.00 **GUESTS AGES 59 AND UNDER: $6.00** **MENU IS SUBJECT TO CHANGE .** **"WW" -Whole Wheat Milk is provided daily.**	**FOR MORE INFORMATION:** **5111 BENITO ST.** **MONTCLAIR, CA.** **(909) 625-9483** **MONDAY-FRIDAY:** **11:30 AM - 12:30 PM**	**1** **OVEN BAKED CHICKEN** Baked Potato Green Beans Romaine Salad Peaches WW Bread	**2** **BBQ PULLED PORK SANDWICH** w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	**3** **CLOSED FOR INDEPENDENCE DAY**
6 **BEEF HAMBURGER** w/WW Hamburger Bun Lettuce & Tomato Potato Wedges Mixed Vegetables Vanilla Pudding Orange Juice	**7** **ORANGE CHICKEN** Steamed Rice Green Beans Romaine Salad Orange Slices WW Bread	**8** **LASAGNA w/WW PASTA** Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	**9** **BAKED PORK CHOP** Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	**10** **LEMON GARLIC CHICKEN** Baked Potato Mixed Vegetables Coleslaw Pineapple WW Bread
13 **WW SPAGHETTI & MEAT SAUCE** Peas and Carrots Loose Leaf Salad Orange Slices French Bread	**14** **PORK CHOP MEXICANA** Brown Rice Cooked Zucchini Romaine Salad Seasonal Melon WW Tortilla	**15** **MEAT LOAF** Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	**16** **COLD TURKEY SANDWICH** Pasta Salad Carrot Raisin Salad Fresh Orange Cup	**17** **GRILLED TILAPIA** Baked Tator Tots Corn Coleslaw Bread Pudding WW Bread Orange Juice
20 **SHEPHERDS PIE** Loose Leaf Salad Banana Vanilla Pudding WW Bread	**21** **BEEF STROGANOFF** w/egg noodles Loose Leaf Salad Corn Bread Fresh Orange Cup WW Bread	**22** **High Sodium Meal** **CHICKEN ALFREDO** w/ WW Fettuccini Cooked Zucchini Loose Leaf Salad Seasonal Melon WW Bread	**23** **ROAST PORK** w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	**24** **CHICKEN SOFT TACO** w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
27 **BAKED ZITI** Cooked Zucchini Green Salad Orange Slices WW Bread	**28** **High Sodium Meal** **CHICKEN TERIYAKI** Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	**29** **Senior Birthday!** **(RSVP Required)** **ROAST TURKEY** Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	**30** **STUFFED PEPPER** Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	**31** **TUNA SALAD** Pasta Salad Beet & Onion Salad Cantaloupe WW Bread

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

- July 29: Senior Birthday! Theme: *America's 250th*

CITY OF MONTCLAIR FOOD DISTRIBUTION
Thursday, July 16 from **9:30 - 10:30 AM**
Montclair Community Center

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) 2025 Income Guidelines to determine if you qualify.

SENIOR MOBILE PANTRY PROGRAM
by Feeding America
Wednesday, July 22 from **9:00 - 11:00 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.