



August 2021

Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
2 BAKED PORK CHOP Mashed Potato Stewed Tomatoes Green Salad Seasonal Melon WW Bread	3 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	4 PULLED BBQ PORK SANDWICH Potato Salad Cole Slaw Fresh Vegetable Salad Mixed Tropical Fruit Ambrosia WW Hamburger Bun	5 SHEPHERDS PIE Mashed Potatoes Mixed Vegetables Loose Leaf Salad Pineapple Chunks WW Bread	6 BBQ CHICKEN SANDWICH Potato Salad Coleslaw Seasonal Melon WW Hamburger Bun
9 MEAT LOAF Mashed Potatoes Spinach Loose Leaf Salad Banana WW Bread	10 PORK CHOP MEXICANA Spanish Rice Stewed Tomatoes Green Salad Seasonal Melon WW Bread	11 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Fresh Orange Cup WW Bread	12 BAKED ZITI in Meat Sauce Green Beans Green Salad Pudding Garlic Bread Apple Juice	13 BAKED FISH w/Tartar Sauce Baked Potato Corn Green Salad Pudding WW Bread Orange Juice
16 ROAST PORK w/ WW Bread Stuffing Mashed Potato Buttered Corn Apple WW Bread Orange Juice	17 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Oriental Mixed Vegetables Romaine Salad Orange Slices WW Bread	18 SWEDISH MEATBALLS On Noodles Barley Soup Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	19 CHICKEN SOFT TACO Taco Toppings WW Tortilla Spanish Rice Refried Beans Fruit Cup	20 CHILI BEANS w/Shredded Cheese Tortilla Soup Green Salad Corn Bread Fresh Orange Cup
23 STUFFED PEPPER Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread	24 BAKED HERB CHICKEN Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread	25 Senior Birthdays! Theme: Luau MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	26 TUNA SALAD Corn Chowder 3 Bean Salad Pasta Salad Seasonal Melon WW Bread	27 LASAGNA w/WW PASTA Green Beans Romaine Salad Mixed Fruit Cup Garlic Bread Orange Juice
30 BBQ CHICKEN Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread	31 HAM & SPINACH QUICHE Vegetable Beef Soup Beet & Onion Salad 3 Bean Salad Orange Slices WW Bread		SITE MANAGER: PATTI PENNINGTON (909) 625-9488 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 a.m. - 12:30 p.m.	SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00 MENU IS SUBJECT TO CHANGE.

City of Montclair
Food Distribution

The next food distribution will go back to a walk-up event starting on **Thursday, August 19, 2021** in the Montclair Community Center from 8:30 a.m. to 9:30 a.m.

- 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.
- Due to COVID-19 and for your safety, we require all participants to wear a face mask while in City buildings.

Check the City of Montclair Facebook page for any location and time updates.

<https://facebook.com/CityofMontclair>

We strive to provide high quality food and consistently follow our monthly menu; however, due to the COVID-19 pandemic, our supply of certain items on the daily menu may be low. 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 Mayra Cano at (909) 625-9456 with any questions or concerns.

IMPORTANT INFORMATION
PLEASE READ

July 28, 2021

City of Montclair Senior Nutrition Program Update

Due to public health concerns because of the rise in the COVID-19 delta variant, **the Montclair Senior Center reopening is postponed until further notice.** We know this is very disappointing, your health and safety is of our utmost concern.

Curbside lunch pick-up will remain in place until further notice.

INTERESTED IN HELPING YOUR COMMUNITY?

We are looking for fully vaccinated 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, please contact Mayra Cano at (909) 625-9456.