

# October 2021

## Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SITE MANAGER:</b> <b>PATTI PENNINGTON</b> (909) 625-9488</p> <p><b>5111 BENITO ST.</b> <b>MONTCLAIR, CA.</b> (909) 625-9483 <b>MONDAY- FRIDAY:</b> <b>11:30 a.m. - 12:30 p.m.</b></p>	<p><b>SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00</b></p> <p><b>MENU IS SUBJECT TO CHANGE .</b></p> <p><b>"WW" -Whole Wheat</b></p>		<p><b>1</b></p> <p><b>CHILI BEANS</b> <b>w/ Shredded Cheese</b> Green Salad Corn Bread Fresh Orange Cup</p> 	
<p><b>4</b></p> <p><b>STUFFED PEPPER</b> Mashed Potatoes Carrots Lettuce/Tomato Salad Fruit Cocktail WW Bread</p> 	<p><b>5</b></p> <p><b>BAKED HERB CHICKEN</b> Navy Bean Soup Rice Green Beans Fresh Orange Cup WW Bread</p>	<p><b>6</b></p> <p><b>MEAT LOAF</b> Potatoes Au Gratin Corn Bread Pudding WW Bread Apple Juice</p>	<p><b>7</b></p> <p><b>TUNA SALAD</b> Corn Chowder Pasta Salad 3 Bean Salad Seasonal Melon WW Bread</p>	<p><b>8</b></p> <p><b>LASAGNA</b> <b>w/ WW PASTA</b> Lima Beans Romaine Salad Mixed Fruit Cup Garlic Bread Orange Juice</p>
<p><b>11</b></p> <p><b>BBQ CHICKEN</b> Split Pea Soup Baked Potato Green Beans Coleslaw Fruit Cocktail WW Bread</p>	<p><b>12</b></p> <p><b>HAM &amp; SPINACH QUICHE</b> Vegetable Beef Soup Beet &amp; Onion Salad 3 Bean Salad Orange Slices WW Bread</p>	<p><b>13</b></p> <p><b>WHOLE WHEAT SPAGHETTI &amp; MEAT SAUCE</b> Green Beans Loose Leaf Salad Fruit Cocktail French Bread</p>	<p><b>14</b></p> <p><b>ROAST TURKEY</b> Mashed Potatoes Buttered Corn Romaine Salad Banana WW Bread</p>	<p><b>15</b></p> <p><b>High Sodium Meal BEEF SOFT TACO</b> Taco Toppings WW Tortilla Pinto Beans Spanish Rice Pudding Orange Juice</p>
<p><b>18</b></p> <p><b>CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices</p>	<p><b>19</b></p> <p><b>SLOPPY JOES</b> w/WW Hamburger Bun Potato Salad Carrots Mixed Fruit Cup</p>	<p><b>20</b></p> <p><b>High Sodium Meal HAM w/GLAZED SAUCE</b> Lentil Soup Sweet Potatoes Green Beans Romaine Salad Corn Bread Peaches</p> 	<p><b>21</b></p> <p><b>COLD TURKEY SANDWICH</b> On WW Bread Cream of Broccoli Soup Pasta Salad Carrot Raisin Salad Fresh Orange Cup</p>	<p><b>22</b></p> <p><b>BAKED FISH</b> w/ Tartar Sauce Baked Potato Spinach Green Salad Apple WW Bread Orange Juice</p>
<p><b>25</b></p> <p><b>BAKED PORK CHOP</b> Macaroni &amp; Cheese Stewed Tomatoes Green Salad Seasonal Melon WW Bread</p>	<p><b>26</b></p> <p><b>OVEN BAKED CHICKEN</b> Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice</p>	<p><b>27</b></p> <p><b>Senior Birthdays! BBQ PULLED PORK SANDWICH</b> w/WW Hamburger Bun Potato Salad Green Beans Fresh Vegetable Salad Tropical Fruit Ambrosia</p>	<p><b>28</b></p> <p><b>SHEPHERDS PIE</b> Mashed Potatoes Mixed Vegetables Loose Leaf Salad Pineapple Chunks WW Bread</p>	<p><b>29</b></p> <p><b>BBQ CHICKEN SANDWICH</b> w/ WW Hamburger Bun Potato Salad Coleslaw Seasonal Melon</p>

## **City of Montclair** **Food Distribution**

The next walk-up food distribution event is on **Thursday, October 21, 2021** in the Montclair Community Center from 8:30 a.m. to 9:30 a.m. or until supplies last.

- 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**

**UPDATE: Senior Nutrition Program** 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.

---

### **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 donation is \$3.00. However, not everyone can afford to contribute, and your donation 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. If you have any questions, please call our Senior Center at 909-625-9483.

---

### **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.