



August 2022

Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	2 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	3 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Orange Slices	4 SHEPHERD'S PIE Loose Leaf Salad Banana WW Bread	5 CHICKEN SOFT TACO w/Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
8 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	9 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	10 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	11 High Sodium Meal BEEF SOFT TACO w/Taco Toppings Pinto Beans Spanish Rice Banana Vanilla Pudding	12 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
15 High Sodium Meal ROAST PORK w/Bread Stuffing Mashed Potatoes Buttered Corn Apple WW Bread Orange Juice	16 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	17 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	18 BBQ CHICKEN SANDWICH w/ WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup	19 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
22 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	23 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	24 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	25 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	26 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread
29 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	30 HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	31 Senior Birthdays! BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	SITE MANAGER: KEITH ALBER (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 GUESTS AGES 59 AND UNDER: \$6.00 MENU IS SUBJECT TO CHANGE. "WW" - Whole Wheat Milk is provided daily.



What: Food Distribution

When: The next walk-up food distribution event is on **Thursday, August 18, 2022 from 8:30 a.m. to 9:30 a.m.**

Where: the Montclair Community Center

Who: San Bernardino County residents with a valid ID. 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 highly recommend all participants to wear a face mask while in City buildings.

The program is coordinated with the Community Action Partnership of San Bernardino County. **To qualify you must bring a valid ID and live in 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) 625-9456 for information on qualifying income guidelines, confirmation of dates and food items. Please refer to The Emergency Food Assistance Program (TEFAP) 2020 Income Guidelines to determine if you qualify.

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

www.facebook.com/CityofMontclair



Feeding America The Commodity Supplemental Food Program (CSFP) by Feeding America provides monthly food boxes to people 60 years and older. The next CSFP distribution will be on Thursday, August 25, 2022 from 12:30 p.m. to 2:30 p.m. in parking lot B (behind the library).

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. 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 at 909-625-9459.

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 Celeste Dunlap at (909) 625-9462.