



November 2022

Montclair Senior Center Lunch Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
|  | 1 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla | 2 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread | 3 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding | 4 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice |
| 7 High Sodium Meal ROAST PORK w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice | 8 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread |  9 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread | 10 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup | 11 <i>Closed</i>  HAPPY VETERANS DAY |
| 14 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread | 15 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookies WW Bread | 16 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice | 17 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla  | 18 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread |
| 21 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread | 22 HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread | 23 Senior Birthdays! ROAST TURKEY Stuffing Mashed Potatoes Zucchini Green Salad Cranberry Sauce Pumpkin Pie | 24  | 25 <i>We will be closed for the holiday on November 24 and 25</i> |
| 28 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices | 29 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon  | 30 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup | 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 monthly event is **Thursday, November 17, 2022 from 8:30 a.m. to 9:30 a.m.**

Where: 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



What: Senior Mobile Pantry Program by Feeding America

When: Monday, November 21 from 12:00 p.m. to 2:00 p.m.

Where: Civic Center Parking lot B (behind the library, 5111 Benito St. Montclair)

Who: All ages welcome (one per household).

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.