

May 2023

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	2 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	3 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	4 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread	5 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla
8 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	9 HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	10 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	11 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	12 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread
15 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	16 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon	17 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	18 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	19 BAKED FISH Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice
22 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	23 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	24 Senior Birthdays! CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla	25 SHEPHERDS PIE Loose Leaf Salad Banana WW Bread	26 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices
29 <i>Closed for the holiday</i> ** Happy ** MEMORIAL DAY	30 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	31 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 AM - 12:30 PM	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

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.

What: Food Distribution

When: Thursday, May 18, 2023 from 9:30 AM to 10:30 AM

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.



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) 2022 Income Guidelines to determine if you qualify.

What: Senior Mobile Pantry Program by Feeding America

When: Thursday, May 25 from 12:00 PM to 2:00 PM

Where: Montclair Community Center

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 (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.