




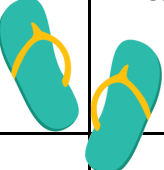


June 2023

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
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		1 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	2 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
5 High Sodium Meal ROAST PORK w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	 6 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	7 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	8 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup	9 CHILI BEANS w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
12 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	13 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookies WW Bread	14 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	 15 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	 16 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread
19 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	 20 HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	21 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	22 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	23 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread
 26 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	27 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon	28 Senior Birthdays! LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	29 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	30 BAKED FISH Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice

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.

JOIN US FOR THESE UPCOMING ACTIVITIES DURING SENIOR LUNCH

- June 12: Men's Health Week - Wear Blue
 - June 19: Fathers Day Celebration
 - June 21: Celebrate World Day of Music with Henry and the Jazz Band
 - June 28: Senior Birthdays! Theme: Mustache Bash
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CITY OF MONTCLAIR FOOD DISTRIBUTION

Thursday, June 15 from 9:30 AM - 10:30 AM

Montclair Community Center

To qualify you must bring a valid ID and live in San Bernardino County. 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. 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.

SENIOR MOBILE PANTRY PROGRAM by Feeding America

Thursday, June 22 from 12 - 2 PM

Montclair Community Center

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.