



October 2023



Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 HERB BAKED CHICKEN Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread	3 High Sodium Meal ROAST PORK w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	4 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread	5 CHILI BEANS w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	6 Fun Friday! CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
9 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread	10 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	11 STUFFED PEPPER Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	12 ROAST TURKEY Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	13 Fun Friday! TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread
16 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	17 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	18 BAKED CHICKEN BREAST Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	19 MEAT LOAF Baked Potato Corn Romaine Salad Bread Pudding WW Bread Apple Juice	20 High Sodium Meal HAM & SPINACH QUICHE Green Beans Coleslaw Orange Slices WW Bread
23 SHEPHERDS PIE Loose Leaf Salad Seasonal Melon WW Bread	24 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	25 Senior Birthday! OVEN BAKED CHICKEN Baked Potato Green Beans Romaine Salad Peaches WW Bread	26 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	27 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
30 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon Orange Juice	31 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	SUGGESTED CONTRIBUTION 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		FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM

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

- October 2-6: Pink Ribbon Week
 - October 6 Fun Friday! Wear Pink
- October 13 Fun Friday! Hispanic Heritage Month Trivia
- October 25: Senior Birthdays! Theme: Halloween

CITY OF MONTCLAIR FOOD DISTRIBUTION

Thursday, October 19 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

Wednesday, October 25 from 9 - 11 AM

Recreation Center Patio

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 contribution is \$3.00; however, not everyone can afford to contribute, and your contribution 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.