



Autumn *hells*

T/TH EXERCISE

**Tues & Thur
10-11am Class**

PLUS

10/6 - Yoga

10/20 - Yoga
10/27 - Surprise

Qi Gong



831-278-0611

Highlands Park Senior & Community Center,

8500 Hwy 9, Ben Lomond, CA.

LUNCH TIME: NOON

Note: Please call 831-336-5366
to reserve 24 hours in advance.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD 	 * Represents Vegetarian Each meal is served with a 1/2 pint of 1% milk.		1 Stir Fry Chicken w/ LS Soy Sauce Stir Fry Vegetable Blend Sesame Carrots Brown Rice Pineapple Chunks/Fortune Cookie/Banana	2 Three Bean Minestrone Tabouli Salad Green Salad w/ Hard Boiled Egg Whole Wheat Roll & Butter
	6	7	8	9
	Tuna Salad w/ Lettuce Vegetable Barley Soup Cucumber Tomato Salad Whole Wheat Bread Gelatin w/ Mandarins	Turkey Pot Roast w/ Gravy Roasted Red Potatoes Romaine Salad w/ Carrots Whole Wheat Roll & Butter Pears	Lentil Soup w/ Crackers Couscous Vegetable Salad Spinach Salad w/ Mandarins Whole Wheat Roll Banana	Chicken Enchilada Casserole Summer Squash Fiesta Cabbage Salad Spanish Rice Apple
	12	13	14	15
	BBQ Pork w/ LS BBQ Sauce Mashed Potatoes Coleslaw Whole Wheat Bread & Butter Spiced Apple Slices	Beef Stew Peas Spinach Salad Whole Wheat Biscuit & Butter Tangerine	Macaroni & Cheese Three Bean Salad Green Salad w/ Broccoli Whole Wheat Roll Orange Juice	Turkey Mole Garden Blend Vegetables Romaine Salad w/ Kidney Beans Spanish Rice Corn Tortilla Apple
19	20	21	22	23
Salisbury Steak w/ Low Sodium Gravy Mashed Potatoes Romaine Salad w/ Red Pepper Whole Wheat Bread & Butter Graham Crackers/Apple	Vegetarian Lasagna Zucchini Caesar Salad w/ Hard Boiled Egg Whole Wheat Roll & Butter Orange Juice	Sweet & Sour Shrimp w/ Rice Sesame Green Beans Napa Cabbage Salad w/ Sesame Dressing Pineapple Chunks Fortune Cookie	Turkey Grape Salad Carrot Ginger Soup Romaine Salad Whole Wheat Bread Whole Wheat Crackers Banana	Mexican Chicken Noodle Soup Pinto Beans Mixed Green Salad Corn Tortilla Citrus Fruit Salad Pudding
26	27	28	29	30
Spaghetti & Meatballs Green Beans Spinach Salad w/ Broccoli Whole Wheat Roll & Butter Apple	Chicken Fajitas Refried Beans Romaine Salad Spanish Rice/ Tortilla Peaches	Vegetarian Chili Cauliflower Green Salad Whole Grain Cornbread & Butter Banana	Baked Fish w/ Lemon Wedge Potato Wedges Coleslaw w/ Carrots Whole Wheat Bread & Butter Pear	Happy Halloween! Devil'd Chicken w/ Orange Glaze Baked Yam Peas & Carrots Whole Wheat Roll & Butter Tangerine Halloween Birthday Cake

MEALS ON WHEELS FOR SANTA CRUZ COUNTY | 1777 CAPITOLA RD. | SANTA CRUZ, CA | 95062 | (831)464-3180 |

Contributions of \$3.50 are
suggested and appreciated!

There is no obligation to contribute, contribution is voluntary, and no one will be denied participation if they are