

Senior Nutrition Menu

October 2025

Castroville Senior Center (CSC)
11261 Crane St., Castroville



Prunedale Senior Center (PSC)
8300A Prunedale North Rd., Prunedale

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

The materials or product were a result of a project partially funded by a contract with the California Department of Aging and County of Monterey Area Agency on Aging

1-Oct
Sloppy Joes, Macaroni Salad, Orange Wedges, Milk
Int'l Coffee Day

2-Oct
Fish Tacos, Brown Rice, Whole Black Beans, Fruit Salad, Milk

3-Oct
Chicken Pozole, Chips And Salsa, Sugar Free Jello, Milk
World Smile Day

6-Oct
Tuna Melt, French Fries, Garden Salad, Fruit Cup, Milk

7-Oct
Chicken Breast With Guacamole, Veggies, Steamed White Rice, Fruit Smoothie, Milk

8-Oct
Fried Chicken, Mashed Potatoes, Spinach Stuffing, Ice Cream, Milk

9-Oct
Broccoli Cheddar Soup, 1/2 Chicken Sandwich, Salad, Chocolate Pudding, Milk
World Sight Day

10-Oct
Chile Colorado, Brown Rice, Whole Wheat Tortilla, Fruit Salad, Milk

13-Oct
Minestrone Soup, Deli Turkey Sandwich, Fruit Cup, Milk

14-Oct
Bbq Pork Ribs, Potato Salad, Corn, Banana Bread, Milk

15-Oct
Meatloaf, Mashed Potatoes, Salad, Corn Bread, Milk

16-Oct
Wild Rice And Chicken Soup, 1/2 Chicken Sandwich, Salad, Fruit Cup, Milk

17-Oct
Spaghetti With Meat Sauce, Garlic Bread, Garden Salad, Fruit Cup, Milk
National Pasta Day

20-Oct
Sausage W/ Bellpepper And Onion Over Pasta, Green Salad, Fruit Cup, Milk

21-Oct
Cheeseburger, French Fries, Garden Salad, Yogurt W/ Berries, Milk

22-Oct
Veggie Tortilla Soup, Deli Turkey Sandwich, Fruit Cup, Milk
NOCOS

23-Oct
Chili Dog, Potato Salad, Orange Wedges, Milk

24-Oct
Chicken Mole, Spanish Brown Rice, Refried Black Beans, Whole Wheat Tortilla, Fruit Salad, Milk

27-Oct
Lemon Cilantro Tilapia, Steamed Broccoli, Seasoned Brown Rice, Yogurt W/ Berries, Milk

28-Oct
Glazed Pork Chop, Roasted Veggies, Salad, Yogurt W/ Berries, Milk
National Chocolate Day

29-Oct
Cauliflower Crust Pepperoni Pizza, Garden Salad, Ice Cream, Milk
National Cat Day

30-Oct
Country Fried Steak, Mashed Potatoes, Salad, Yogurt W/ Berries, Milk

31-Oct
Butternut Squash Soup, 1/2 Chicken Sandwich, Salad, Yogurt W/ Berries, Milk
Halloween

Call to RSVP One Day in Advance, by Noon
Castroville Senior Center: 831-633-3084 ext. 1005
Prunedale Senior Center: 831-663-5023



Lunch is Served at 11:30 A.M.
Monday to Friday
Registration Required