

Senior Nutrition Menu

November 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

3-Nov

Fish Tacos, Brown Rice, Whole Black Beans, Fruit Salad, Milk

4-Nov

Chile Verde, Spanish Farro, Whole Wheat Tortilla, Fruit Salad, Milk

5-Nov

Spaghetti With Meat Sauce, Garlic Bread, Garden Salad, Fruit Cup, Milk

6-Nov

Cauliflower Crust Veggie Pizza, Garden Salad, Ice Cream, Milk

7-Nov

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

10-Nov

Lemon Cilantro Tilapia, Steamed Veggies, Seasoned Brown Rice, Yogurt, Milk

11-Nov

**Closed
Veterans Day**

12-Nov

Minestrone Soup, Deli Turkey Sandwich, Fruit Cup, Milk

13-Nov

Sloppy Joes, Macaroni Salad, Orange Wedges, Milk

14-Nov

Swiss Enchiladas, Brown Rice, Whole Black Beans, Fruit Salad, Milk

17-Nov

Chili Dog, Potato Salad, Orange Wedges, Milk

18-Nov

Chile Colorado, Brown Rice, Whole Wheat Tortilla, Fruit Salad, Milk

19-Nov

Fried Chicken, Mashed Potatoes, Spinach Stuffing, Fruit Cup, Milk

20-Nov

Fish Taco Bowl W/ Avocado Salsa, Whole Wheat Tortilla, Smoothie, Milk

21-Nov

Beef Stuffed Bell Peppers, Salad, Seasoned Farro, Fruit Salad, Milk

24-Nov

Black Bean And Nopal Tostadas, Spanish Farro, Banana Bread, Milk

25-Nov

Meatloaf, Mashed Potatoes, Salad, Corn Bread, Milk

26-Nov

Thanksgiving Turkey Lunch, Mac And Cheese, Mashed Potatoes, Stuffing, Pumpkin Pie, Milk

27-Nov

**Closed
Happy Thanksgiving**

28-Nov

**Closed
Happy Thanksgiving**

NOCOS

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**