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** Country Fried Steak, Mashed Potatoes, Salad, Yogurt, Milk	**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 NOCOS	**27-Nov** Closed Happy Thanksgiving	**28-Nov** Closed Happy Thanksgiving

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