November 2026

Call us at: (805) 842-5148
Nutrition@FSACares.org

Family Service Agency
Central Coast Senior Nutrition
105 North Lincoln St
Santa Maria, California 93458
(805) 842-5148

Monday	Tuesday	Wednesday	Thursday	Friday
November 2, 2026	**November 3, 2026**	**November 4, 2026**	**November 5, 2026**	**November 6, 2026**
Rosemary Chicken Patty Whole Wheat Roll Green Beans Sweet Potatoes Pineapple Cup Milk	BBQ Pork Rib Patty Whole Wheat Bread Mashed Potatoes California Blend Vegetables Orange Milk	General Tso Chicken Brown Rice Broccoli Stir Fry Blend Vegetables Apple Milk	Turkey & Bean Taco Corn Tortilla Chuckwagon Corn Seasoned Cabbage Mandarin Orange Cup Milk	Chickpea Florentine Whole Wheat Pasta Parslied Carrots Squash Pear Cup Milk
November 9, 2026	**November 10, 2026**	**November 11, 2026**	**November 12, 2026**	**November 13, 2026**
Omelette w/Cheese Roasted Potatoes Stewed Tomatoes Orange Crackers Milk	Manicotti w/Marinara Sauce Whole Wheat Bread Capri Blend Vegetables Spinach Peach Cup Milk	Closed in Observance of Labor Day	Tuna Casserole Whole Wheat Roll 4-Way Blend Vegetables Brussel Sprouts Papaya Cup Milk	Chicken Tikka Masala Brown Rice Cauliflower Green Peas Apple Milk
November 16, 2026	**November 17, 2026**	**November 18, 2026**	**November 19, 2026**	**November 20, 2026**
Chicken Enchilada w/Green Sauce Pinto Beans California Blend Vegetables Tropical Fruit Cup Milk	Meatloaf w/Tomato Topping Whole Wheat Roll Mashed Potatoes Brussel Sprouts Apple Milk	Lentil Stew Whole Wheat Biscuit Chuckwagon Corn Zucchini Pear Cup & Chocolate Muffin Milk	Chicken Fried Rice Whole Wheat Bread Cauliflower Pacific Blend Vegetables Orange Milk	Turkey Stroganoff Whole Wheat Pasta Green Beans Parslied Carrots Mixed Fruit Cup Milk
November 23, 2026	**November 24, 2026**	**November 25, 2026**	**November 26, 2026**	**November 27, 2026**
Chickpea Rice Casserole Whole Wheat Bread Mediterranean Blend Vegetables Squash Mixed Fruit Cup Milk	Hamburger w/Fixins Whole Wheat Bun Coleslaw Sweet Potatoes Pineapple Cup Milk	Turkey w/Stuffing & Gravy Whole Wheat Roll Mashed Potatoes Green Beans Orange & Pumpkin Pie Milk	Closed in Observance of Thanksgiving Day	Closed in Observance of Thanksgiving Day
November 30, 2026				
Chicken Patty w/Dijon Dill Sauce Whole Wheat Pasta 4-Way Blend Vegetables Broccoli Applesauce Cup Milk				

Reservations must be made at least four (4) business days in advance.