

Senior Citizen Nutrition Program **Bakersfield Senior Center Menu November 2023**  
 530 4<sup>th</sup> Street, Bakersfield, California 93304

Dining Hall will be Open Monday – Thursday from 9:00 am to 3:00 pm, Friday 9:00am – 1:00pm

**RESERVATIONS MUST BE MADE 24 HOURS IN ADVANCE, NO SAME DAY ORDERING**

**FOR RESERVATIONS CALL 661-230-5957 (NEW RESERVATION NUMBER) –**

**LEAVE YOUR NAME & TELEPHONE NUMBER.**

\*\*\*\*\*Menus are subject to change without prior notice\*\*\*\*\*

REMEMBER IF YOU RESERVE MEALS AND CAN NOT PICK THEM UP, PLEASE CALL AND CANCEL 24 HOURS IN ADVANCE OR YOU WILL BE CHARGED FOR THE MEALS.

PLEASE FILL YOUR SLIP OUT AND RETURN IT. THE DAYS WE HAVE FISH OR RIBS,

THE COST IS \$5, YOU MUST RESERVE LUNCH 48 HOURS IN ADVANCE 661-230-5957.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Lasagna Salad Fruit	31 ½ Baked Chicken Greens/ Yams Cornbread/ Fruit \$10	1 Pasta Carbonara Broccoli Garlic Bread Fruit	2 Baked Potatoes Broccoli w/ cheese Salad Fruit	3 Turkey ham Sandwich Fruit Chips
6 Beef Stew Club Sandwich Fruit	7 Baked Chicken Macaroni Salad Green beans Fruit	8 Cheeseburgers Fries Fruit	9 Red Beans & Turkey Sausage Cabbage Corn bread /Fruit	10 Fried Chicken Fries Salad Fruit
13 Chicken Fried Steak And Gravy Rice, Peas Fruit	14 Chicken Alfredo Broccoli Garlic Bread Fruit	15 Meatloaf &Gravy Mashed Potatoes Broccoli Fruit	16 Fish & Fries Coleslaw Fruit \$5	17 White Beans Cabbage Corn bread Fruit
20 Vegetable Soup Cornbread Fruit	21 Chicken & Dressing Gravy/ Greens Yams/ Cornbread Fruit	22 Three Bean Chili Rice Salad Fruit	23 CLOSED THANKSGIVING DAY	24 CLOSED DAY AFTER THANKSGIVING
27 Chicken & Dumpling Green Beans Fruit	28 Spaghetti Corn/ Salad Garlic Bread Fruit	29 Chicken Pesola Salad Fruit	30 Chili Verde Rice/Beans Fruit	1 Turkey Wings White beans Cabbage Corn bread/ Fruit

Suggested Senior Contribution \$3.00 (60 and over)

Cost for Non-Seniors (59 and under) \$6.00

“No Eligible participant will be denied service because of a Failure or Inability to contribute.”

Nutrition Lunch Program Sponsored By KCAASD

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## Happy Birthday November

Andranette Chatman November 14<sup>th</sup>  
 Cloete Daniels November 23<sup>rd</sup>  
 Dennis Fox November 10<sup>th</sup>  
 Sal Gutierrez November 9<sup>th</sup>  
 Mary Harrison November 29<sup>th</sup>  
 Johnnie Jackson November 11<sup>th</sup>  
 Nancy Macedo November 12<sup>th</sup>



Charles Moore November 25<sup>th</sup>  
 Tonia Phillips November 11<sup>th</sup>  
 Carol Shipman November 17<sup>th</sup>  
 Jerry Shipman November 24<sup>th</sup>  
 Emma Whitmore November 6<sup>th</sup>  
 Paula Williams November 8<sup>th</sup>

Have a Blessed Birthday!  
 From the Bakersfield Senior Center

**REMEMBER!!** If your birthday is in the month of November your membership must be current to participate.