

Senior Citizen Nutrition Program **Bakersfield Senior Center Menu July 2024**  
 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\*\*\*\*\*

**LUNCH SERVED 11:15 – 11:45AM**

**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
1 Chicken Quesadilla Guacamole Salsa Fruit/Milk	2 Spaghetti Broccoli Rolls Fruit Milk	3 Chicken Pesola W/Chips Refried Beans Salad Fruit/Milk	4 <b>4TH OF JULY</b>	5 Chicken Alfredo Green Peas Salad Fruit Milk
8 Ground Beef & Gravy Rice/Green beans Fruit/Milk	9 Chicken Tacos Spanish Rice Fruit Milk	10 Smoke Sausage & Cabbage Yams Mac &cheese Fruit/Milk	11 Chicken Salad sandwich Fruit/Milk	12 Turkey Sandwiches Chips Fruit
15 Tuna Sandwich Chips Fruit Milk	16 Tacos Pinto beans Fruit Milk	17 Fried Chicken Zucchini Salad Fruit Milk	18 Spaghetti Peas Garlic Bread Fruit Milk	19 Chef Salad Carrot Sticks Fruit Milk
22 Chili Cheese Hot Dog Salad Fruit Milk	23 Baked Chicken Brussel Sprouts Rice Fruit Milk	24 Meatloaf & Gravy Potatoes Green beans Fruit/Milk	25 Chicken & Dumplings Green Peas Fruit Milk	26 Chicken Salad Fruit Milk
29 Gumbo W/ Chicken And Sausage Rice Spinach Fruit/Milk	30 Taco Soup W/ Chips Salad Fruit/Milk	31 Fish Cucumber Salad Beets Fruit/Milk \$5	1 Chicken Teriyaki Cabbage/Carrots Rice Fruit Milk	2 Cheeseburgers Fries Fruit Milk

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

=====SPECIAL MEALS ARE SEPARATE FROM THE SENIOR PROGRAM=====

*Happy Birthday July*



*Have a Blessed Birthday!  
 From the Bakersfield Senior Center*

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