

## November 1st—9th

### Monday, 1st

Chicken Fettuccini Alfredo

(Veggie Chicken)

Bread Stick

### Tuesday, 2nd

Cilantro Lime Tilapia

(Veggie Fish)

Wild Rice, Corn

### Wednesday, 3rd

Teriyaki Meatballs

(Veggie Beef Balls)

Rice, Broccoli

### Thursday, 4th

BBQ Chicken

(Veggie Chicken)

Mash Potatoes, Green Beans

### Friday, 5th

Chicken Soup

(Veggie Soup)

Side Salad, Roll

### Monday, 8th

Chicken Topped w/ Cheesy Spinach

Scalloped Potatoes

Carrots

### Tuesday, 9th

Sloppy Joes

(Veggie Beef)

Broccoli Slaw



## November 10th—18th

### Wednesday, 10th

Pork Chop w/ Apricot Sauce

(Veggie Beef)

Wild Rice, Cauliflower

### Thursday, 11th

Turkey w/ Gravy

(Veggie Chicken)

Mash Yams, Brussels Sprouts

### Friday, 12th –Birthdays

Baked Fish

Rice, Mixed Veggies

### Monday, 15th

Ham

(Veggie Beef)

Roasted Potatoes, Peas & Carrots

### Tuesday, 16th

Lemon Pepper Chicken

(Veggie Chicken)

Rice Pilaf, Broccoli

### Wednesday, 17th

Baked Ziti

Bread Stick

### Thursday, 18th

Crusted Fish

(Veggie Fish)

Creamy Spinach, Quinoa

& Black Beans



## November 19th—30th

### Friday, 19th -Thanksgiving Feast

Turkey

(Veggie Chicken)

Stuffing, Green Beans

Mash Potatoes, Roll

### Monday, 22nd

Chicken Tikka Masala

(Veggie Chicken)

Rice, Green Beans

### Tuesday, 23rd

Tortilla Crusted Fish

(Veggie Fish)

Cilantro Rice, Corn

### Wednesday, 24th

Black Bean Burger

Green Bean Fries

### Thursday, 25th

**Closed — Holiday**

### Friday 26th

**Closed — Holiday**

### Monday 29th

Pastrami Sub

(Veggie Beef)

Green Bean Fries

### Tuesday 30th

Spanish Chicken

Rice, Beans

## Events

### Autumn Harvest Event

Friday, November 19, 2021

11:30am-1:30pm FREE

### Motown Dance

Friday, November 12, 2021

6:00pm—9:00pm

Seniors: \$3

Non Seniors: \$6

Tickets go on sale 10/11/21

### Winter Formal Dance

Friday, December 10, 2021

6:00pm—9:00pm

Seniors: \$3

Non Seniors: \$6

Tickets go on sale 11/15/21

### Meals on wheels

Tickets go on sale 11/27/ 21—11/ 30/21



## General Information

The Senior Center will be open

Monday—Friday 8am—5pm

Saturday 8am—12pm

## Beauty Salon

- Open by appointment only
- To schedule an appointment please call 909-434-8247



Fontana Community Senior Center  
16710 Ceres Ave, Fontana, Ca



## **Nutrition Program**

## **November 2021**

Monday-Friday

two Lunchtime Options:

10:45am and 12:00pm

( 1 hour duration)

Reservations are required.

Online: [www.recreation.fontana.org](http://www.recreation.fontana.org)

Phone: 909-854-5151

Reservations open every Thursday at 6am for  
the following week

Cost:

\$4 - 55+ Fontana Residents

\$6 - for all others