

WHAT TO EXPECT

Dine-In Lunch Tickets

1. Purchase a lunch ticket at the East entrance counter for either 1st (10:45am) or 2nd(12pm) Lunch Service.
 2. Wait for Dining Room doors to open for your designated lunch service time.
 3. Enter dining room in a single filed line and wait at host station.
 4. Hand host your lunch ticket.
 5. Feel free to sit at any of our open tables. A server will be there shortly to take your drink order and begin service.
- **1st Service Dine-in seating ends at 11:30**, To-go only from 11:30-11:45am
 - **2nd Service Dine-in seating ends at 12:45**, To-go only from 12:45-1pm

To-Go Lunch Tickets

See above 1-4

5. Inform host that your meal is To-Go.
6. Host will hand you a To-Go sticker to fill out (your name and phone number).
7. Return completed To-Go sticker to host, and give your drink order.
8. Wait in hall for your name to be called. Host will bring out your drink and meal.



Events

Motown Dance

11/04/2022

Dance 6:00pm-9:00pm

Tickets go on sale 10/17/22

- Senior :\$3.00
- Non Senior :\$6.00

Winter Formal

12/9/2022

Dinner 5:00pm-6:00pm

Dance 6:00pm-9:00pm

Tickets go on sale 11/14/22

- Senior :\$3.00
- Non Senior :\$6.00



Nutrition Program

Fontana Community Senior Center

16710 Ceres Ave, Fontana, Ca

909-854-5151

November 2022

Monday-Friday

two Lunchtime Options:

10:45am and 12:00pm

(1 hour duration)

Cost:

\$4 - 55+ Fontana Residents

\$6 - for all others


















General Information

The Senior Center will be open

Monday—Friday 8am—5pm

Saturday 8am—12pm

November 2022

Mon	Tue	Wed	Thu	Fri
	1 Tuscan Chicken (Veggie Chicken)  Farro Garlic Butter Spinach S: Kale Salad w/Dressing D: Yogurt	2 Maple Pork Chop (Boca Patty) Rosemary Roasted Potatoes Brown Sugar Glazed Carrots S: Soup D: Fruit	3 Loaded Mashed Potatoes  Topped w/Bacon Bits, (Veggie Beef) Cheese & Sour Cream Broccoli & Roll S: Salad w/Dressing D: Baked Cookie	4 BIRTHDAY LUNCH Chicken Fried Chicken (Veggie Chicken)  Mashed Potatoes Peas & Carrots S: Salad w/Dressing D: Carrot Cake Ice Cream for Birthdays
7 Hearty Chicken Noodle Soup (Veggie Noodle Soup) Roll S: Salad w/Dressing D: Fruit	8 Pork Burger (Veggie Beef) Crunchy Apple Celery Slaw Baked Fries S: Arugula Salad w/Dressing D: Pudding	9 Beef Chili Verde (Veggie Beef)  Mexican Rice Black Beans Flour Tortilla S: Salad w/Dressing D: Ice Cream	10 Teriyaki Meatballs (Veggie Meatballs) w/Pineapple & Bell Peppers  Over Ginger Rice S: Soup D: Yogurt	11 VETERAN'S DAY LUNCH BBQ Ribs Baked Beans Corn on the Cob S: Salad w/Dressing D: Baked Good
14 Sweet Chili Meatballs (Veggie Meatballs) Steamed Rice  Stir Fry Veggies S: Soup D: Baked Good	15 Eggplant Parmesan (All Veggie) w/Marinera Sauce  Over Pasta Garlic Bread S: Salad w/Dressing D: Strawberry Mousse w/Fruit	16 Mushroom Swiss Chicken Casserole (Veggie Chicken)  Roasted Potatoes Sauteed Spinach S: Kale Salad w/Dressing D: Pudding	17 Cajun Fish (Veggie Fish)  Rice Pilaf Fried Okra S: Soup D: Ice Cream	18 HARVEST FEAST Turkey w/Gravy (Veggie Chicken) Mashed Potatoes  Green Bean Dinner Roll S: Salad w/Dressing D: Pie
21 Salisbury Steak w/Gravy (Boca Patty)  Mashed Potatoes Steamed Carrots S: Salad w/Dressing D: Pudding	22 Chicken Pot Pie Casserole (Veggie Chicken) W/Side Salad S: Soup D: Apple Sauce	23 Split Pea Soup Topped w/Cheese (Veggie Soup)  w/Side Salad S: Mini Grilled Cheese Sandwich D: Baked Good	24 <p style="text-align: center;">HOLIDAY CENTER CLOSED</p>	25 <p style="text-align: center;">CENTER CLOSED</p>
28 Miso-Ginger Glazed Fish (Veggie Fish) Wild Rice Green Beans S: Miso Soup D: Yogurt	29 Red Beans & Rice (Veggie Sausage) w/Andouille Sausage  Cajun Corn Corn Bread S: Soup D: Fruit	30 Balsamic Pork Chop (Boca Patty)  Scalloped Potatoes Vegetable Medley S: Salad w/Dressing D: Pudding	 Dairy S: Starter  Spicy D: Dessert  Nuts	

*MENU SUBJECT TO CHANGE