

Senior Citizen Nutrition Program **Bakersfield Senior Center Menu October 2026**

2020 R Street, Bakersfield, California 93301

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

LUNCH SERVED FROM 11:15 – 11:45AM

Kitchen number 661-928-3612

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

Medically Tailored Meals Sponsored by the Virgina & Alfred Harrell Foundation

***** 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 661-928-3612

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Stuffed Baked Potato w/ Chicken & Broccoli Applesauce Roll 1% Milk	29 Italian Chicken Tossed Salad Garlic Bread Pears 1% Milk	30 Baked Chicken Brown Rice Mixed Vegetables Roll Pineapples 1% Milk	1 Pasta Salad w/Tri colored Noodles Sausage, Olives, Tomatoes, Broccoli Roll Fruit Cocktail 1% Milk	2 Chunky Minestrone Green Salad Roll Pears 1% Milk
5 Meatball Soup Green Salad Roll Peaches 1% Milk	6 Turkey Enchiladas Red Beans Green Salad Pears 1% Milk	7 Chicken Strips Brown Rice Butternut Squash Pineapples Roll 1% Milk	8 Tuna Casserole Green Salad Pineapples Roll 1% Milk	9 Baked Fish Coleslaw Corn Pears Roll 1% Milk
12 Quinoa & Veggie Bowl With Chipotle Tortilla Chips Applesauce 1% Milk	13 Chili Verde Green Salad Mixed Fruit 1% Milk	14 Wheat Spaghetti w/sauce Broccoli Garlic Bread Fruit Cocktail 1% Milk	15 BBQ Chicken Mac & cheese Cabbage Corn Bread Pears 1% Milk	16 Tortellini Vegetable Soup Green Salad Roll Applesauce 1% Milk
19 Chicken Pesola w/chips Cabbage Pinto Beans Fruit Cocktail 1% Milk	20 Turkey Tacos w/ Lettuce & Tomatoes Spanish Rice Pineapple 1% Milk	21 Teriyaki chicken Brown Rice Carrots Cabbage Pears 1% Milk	22 Potato Taquitos Pico de Gallo Green Salad Applesauce 1% Milk	23 Cheeseburgers Baked Fries Fruit Cocktail 1% Milk
26 Chef Salad w/Turkey Ham Roll Pineapples 1% Milk	27 Meatloaf & Gravy Mashed Potatoes Green Peas Roll Fruit cocktail 1% Milk	28 Chicken Alfredo Peas Garlic Bread Pineapples 1% Milk	29 Pasta Salad w/Tri Colored Noodles Sausage, Olives, Tomatoes, Broccoli Roll Fruit Cocktail 1% Milk	30 Baked Fish Green Salad Corn Roll Pineapples 1% 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 KCAAS

Decker, Sharon-Oct 3rd

**Happy Birthday
October**

Ruelle, Nancy-Oct 10th

Fisher, Carla Oct-3rd

Ruiz, Marilyn-Oct 13th

Mills, Rhonda-Oct 3rd



Crompton, Alecia-Oct 15th

Fite, Helen-Oct 6th

Covington, Ruby-Oct 17th

Foreman, Brenda-Oct 7th

Have a Blessed Birthday!

Hill, Shirley-Oct 28th

Rufus, Seretta-Oct 9th

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From the Bakersfield Senior Center