



### Events

#### Fright fest

10/29/21

#### Oldies but goodies

10/08/21

6:00pm—9:00pm

Seniors: \$3

Non Seniors: \$6

Tickets go on Sale 9/13/21

#### Motown

11/12/21

6:00pm—9:00pm

Seniors: \$3

Non Seniors: \$6

Tickets go on sale 10/11/21



### 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



FONTANA COMMUNITY  
**SENIOR CENTER**



## Nutrition Program

### October 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



## October 1st— 11th

### Friday, 1st

Cranberry Turkey

(Veggie Chicken)

Stuffing, Green Beans

### Monday, 4th

Bean & Cheese Tostadas

Rice, Salsa

### Tuesday, 5th

Teriyaki Meat balls

(Veggie Beef Balls )

Rice, Mixed Veggies

### Wednesday, 6th

Chicken Fried Chicken

(Veggie Chicken)

Mash Potatoes, Corn

### Thursday, 7th

Honey Garlic Pork Chops

(Veggie Boca patty)

Angel Hair Pasta, Asparagus

### Friday, 8th

Crusted Fish

(Veggie Fish)

Rice pilaf, Broccoli

### Monday, 11th

Mushroom Chicken

(Veggie Chicken)

Roasted Potatoes, Baby Carrots

## October 12th —20th

### Tuesday, 12th

Fish w/ White Wine Tomato Basil Sauce

(Veggie Fish)

Steam Rice, Zucchini

### Wednesday, 13th

Brown Sugar Pork Chop

(Veggie beef)

Roasted Yams, Brussels Sprouts

### Thursday, 14th

Cheese Enchiladas

Rice, Beans

### Friday, 15th

Ground Turkey Taco Lettuce wrap

(Veggie Chicken)

Green Beans

### Monday, 18th

Herb Chicken

(Veggie Chicken)

Roasted Potatoes, Crispy Green Beans

### Tuesday, 19th

Cabbage & Sausage

(Veggie Beef)

Rice Pilaf, Carrots

### Wednesday, 20th

Pasta Fagioli Soup

(Veggie Soup)

Bread stick



## October 21st—29th

### Thursday, 21st

Lemon Pepper Fish

(Veggie Fish)

Wild Rice, Roasted Zucchini

### Friday, 22nd

Chicken Fajitas

(Veggie Chicken)

Rice, Beans

### Monday, 25th

Philly Cheese Steak Sandwich

(Veggie Beef)

Green Bean Fries

### Tuesday, 26th

Pork Chop w/ Hoisin Glaze

(Veggie Beef)

Scalloped Potatoes, Baby Carrots

### Wednesday, 27th

Tilapia w/ Pineapple Salsa

(Veggie Fish)

Rice, Asparagus

### Thursday 28th

Ground Turkey Meat Loaf

(Veggie Beef )

Mash Potatoes, Corn

### Friday, 29th

Chicken Pot Pie w/ Pumpkin Crust

(Veggie Chicken)

Mash Potatoes, Corn

