



January 2023 Menu

Nourishing SLO County seniors with more than just meals.

DO YOU NEED TO CANCEL A MEAL?

WE ASK FOR **TWO DAYS NOTICE** TO CANCEL, SUSPEND and/or RESUME MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLOSED	3	4	5	6
	Scrambled Egg Patties w/ Cheese Biscuit CA Blend Veggies Stewed Tomatoes Fresh Apple Milk	Chicken Stew Wheat Crackers Green Beans Summer Squash Orange Milk	Italian Noodle Casserole Cooked Seasoned Spinach Italian Blend Veggies Pineapple Tidbits Milk	Swedish Meatballs WW Pasta Scandinavian Blend Veggies Cole Slaw Diced Pears Milk
	9	10	11	12
Chicken Enchilada w/ Verde Sauce Cannellini Beans Cauliflower Diced Peaches Milk	Cheese Ravioli w/ Chicken in Alfredo Sauce Zucchini Green Salad Tropical Fruit Blend Milk	Breaded Haddock Brown Rice Broccoli 3 Bean Salad Apricot Halves Milk	Hamburger w/ Fixins WW Bun Succotash Cole Slaw Fresh Orange Milk	Southwest Chicken Salad w/ Blk Beans, Corn & Lettuce Tostada Carrot Salad Pickled Beets Mixed Fruit Milk
CLOSED	17	18	19	20
	Pork Rib Patty Graham Crackers Roasted Sweet Potato Cubes Brussel's Sprouts Applesauce Milk	Celebrating Meatballs w/ Gravy Roasted Potatoes CA Blend Veggies Diced Pears Birthday Muffin Milk January Birthdays!	Beef Stew w/ Potatoes & Carrots Biscuit Peas Cole Slaw Tropical Fruit Blend Milk	WW Spaghetti w/ Meat & Marinara Sauce Green Beans Green Salad Pineapple Tidbits Milk
	23	24	25	26
Chicken Patty w/ BBQ Sauce Barley Pilaf Winter Blend Veggies Corn Salad Diced Peaches Milk	Garbanzos & Sausage Rice Casserole Tuscany Blend Veggies Carrot Salad Mixed Fruit Milk	Cheese Manicotti w/ Marinara Cooked Seasoned Spinach Bean Salad Banana Milk	Chicken Enchilada Blanca Pinto Beans Corn Orange Milk	Tuna Macaroni Salad Pea Salad Cole Slaw Apricots Milk
30	31	REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> • Peel back or pierce film to vent. • From Frozen/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes. • From Frozen/Microwave: On HIGH for 3-5 minutes. • Thawed/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes. • Thawed/Microwave: On HIGH for 2-3 minutes. 		

CONTACT US

**Dining Rooms & Service Areas Open for in person dining Monday - Friday. Call your site manager to reserve your meal!	Serving Days/Time	Site Manager	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Liz	466-2317
** Cambria, San Simeon	Mon-Fri @ 11:30	Jesse	927-1268
** Los Osos	Mon-Fri @ 11:30	Malia	528-6923
** Morro Bay, Cayucos	Mon-Fri @ 11:30	Kat	772-4422
** Nipomo	Mon-Fri @ 11:30	Sandy	929-1066
** Oceano, Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach	Mon-Fri @ 11:30	Debbie	489-5149
** Paso Robles	Mon-Fri @ 11:30	Marlene	238-4831
** Santa Margarita	Mon-Fri @ 11:30	Jill	438-5854
** San Luis Obispo	Mon-Fri @ 11:30	Janine	543-0469
** SLO: Laguna Lake Area: UCC Church	Mon-Fri @ 11:30	Milda	541-1168
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		