



January 2022 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Albondigas w/ Potato & Carrot Corn Tortilla Summer Squash Homemade Cole Slaw Diced Pears Cups Milk	Chicken a la King WW Pasta Cauliflower Romaine Salad Fresh Apple Milk	Cheese Ravioli w/ Meat & Marinara Cooked Seasoned Spinach 3 Bean Salad Banana Milk	Beef Patty, Gravy Slice of WW Bread Mashed Potatoes Peas Orange Milk	Tuna Salad Crackers Homemade Carrot Salad Corn Salad Pineapple Tidbits Cups Milk
10	11	12	13	14
Chicken Patty Parmesan WW Pasta CA Blend Vegetables Pickled Beets Tropical Fruit Mix Cups Milk	Chili Beans w/ Meat Crackers Homemade Cole Slaw Zucchini Diced Peaches Cups Milk	Chicken Enchilada w/ Red Sauce Succotash Homemade Carrot Salad Mixed Fruit Cups Milk	Sweet & Sour Chicken Brown Rice Broccoli Romaine Salad Apricots Milk	Italian Noodle Casserole Winter Blend Vegetables Pea Salad Applesauce Milk
17	18	19	20	21
CLOSED <i>Martin Luther King Jr. Day</i>	Pork Rib Patty w/ BBQ Sauce Graham Crackers Sweet Potatoes Brussel's Sprouts Diced Pears Cups Milk	<i>Celebrating January Birthdays!</i> Swedish Meatballs Green Beans Homemade Cole Slaw Fresh Apple Birthday Muffin Milk	Cheese Manicotti Meat & Marinara Cooked Seasoned Spinach 3 Bean Salad Pineapple Tidbits Cups Milk	Southwest Chicken Salad w/ Romaine Tostada Pickled Beets Homemade Carrot Salad Orange Milk
24	25	26	27	28
Hungarian Goulash Winter Blend Vegetables Scandinavian Blend Vegetables Mixed Fruit Cups Milk	WW Spaghetti w/ Meat Sauce Mixed Vegetables Romaine Salad Tropical Fruit Mix Cups Milk	Beef Hamburger WW Bun Broccoli Roasted Potato Cubes Apricot Halves Milk	Breaded Haddock Brown Rice Peas Homemade Cole Slaw Banana Milk	Chicken Enchilada w/ White Sauce Pinto Beans Homemade Carrot Salad Orange Milk
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To be included in the February Menu!	Dining Room/Pick Up Meals: If you are not on a regular schedule, please reserve your meals 2 days in advance! Sorry! We cannot guarantee a meal without a reservation.		REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> • Peel back or pierce film to vent. • Oven 350° <u>OR</u> Microwave on HIGH. <ul style="list-style-type: none"> • Frozen in Oven = 30 minutes • Frozen in Microwave = 3-5 minutes. • Thawed in Oven = 10 minutes • Thawed in Microwave = 2-3 minutes. 	



DO YOU NEED TO CANCEL A MEAL?

Please call your Site Manager to **CANCEL, SUSPEND** or **RESUME** meals **2** business days in advance.



CONTACT US			
**Dining Rooms & Service Areas <i>Open for in person dining Monday - Friday. Call your site manager to reserve your meal!</i>	Serving Days/Time	Site Manager	Phone Number
**Atascadero, Templeton	Mon-Fri @ 11:30	Liz	466-2317
** Cambria	Mon-Fri @ 11:30	Jesse/Kat	927-1268
** Los Osos	Mon-Fri @ 11:30	Malia	528-6923
** Morro Bay/ ** Cayucos	Mon-Fri @ 11:30	Marilee/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	David/Jill	438-5854
** San Luis Obispo	Mon-Fri @ 11:30	Janine	543-0469
** SLO: Laguna Lake Area: UCC Church (Temporarily closed.)	Mon-Fri @ 11:30	Milda	541-1168
San Luis Obispo Main Office: 541-3312		Central Kitchen: 541-2063	