



February 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
January 30	January 31	1	2	3
Cheese Ravioli w/ Meat Marinara Cauliflower Pickled Beets Fresh Apple Milk	Chicken Low Mein Oriental Blend Veggies Parslied Carrots Orange Milk	Chicken Sandwich WW Bun Baked Beans Cole Slaw Diced Pears Milk	Sweet & Sour Meatballs Brown Rice Broccoli Romaine Salad Tropical Fruit Blend Milk	Turkey Pieces w/ Gravy Stuffing Tuscany Blend Veggies Carrot Salad Pineapple Tidbits Milk
6	7	8	9	10
Chicken Enchilada w/ Red Sauce Black Beans Zucchini Orange Milk	Turkey a la King Biscuit Winter Blend Veggies Pickled Beets Diced Peaches Milk	Italian Noodle Casserole Cooked Seasoned Spinach Italian Mixed Veggies Banana Milk	Breaded Haddock Brown Rice Capri Blend Veggies Cole Slaw Applesauce Milk	Taco Salad w/ Meat & Lettuce Tostada Carrot Salad Corn Salad Mixed Fruit Milk
13	14	15	16	17
Chicken Patty w/ Gravy Baked Potato Brussels Sprouts Diced Pears Graham Crackers Milk	WW Spaghetti w/ Meat & Marinara Sauce Summer Squash Carrot Salad Tropical Fruit Mix Milk	<i>Celebrating</i> Egg Patties w/ Cheese Roasted Cubed Potatoes Stewed Tomatoes Orange Birthday Muffin Milk <i>February Birthdays!</i>	Jambalaya w/ Pork Brown Rice Broccoli Cole Slaw Apricot Halves Milk	Albondigas w/ Potatoes & Carrots Corn Tortilla Cauliflower Scandinavian Blend Veggies Fresh Apple Milk
20	21	22	23	24
Cheese Manicotti w/ Meat & Marinara Sauce Mixed Veggies Three Bean Salad Pineapple Tidbits Milk	Hamburger w/ Fixin's WW Bun Baked Beans Cole Slaw Mixed Fruit Milk	Tuna Noodle Casserole Cooked Seasoned Spinach Summer Squash Banana Milk	Chicken Enchilada w/ Verde Sauce Pinto Beans CA Blend Veggies Applesauce Milk	Black Eyed Pea Salad Hard Boiled Egg Crackers Carrot Salad Pickled Beets Tropical Fruit Milk
27	28	REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!		
Swedish Meatballs WW Pasta Corn Pea Salad Orange Milk	Chili Beans w/ Meat Crackers Parslied Carrots Zucchini Tropical Fruit Mix Milk	<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		