



# March 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Sunday March 13 <sup>th</sup> Time to Spring Ahead! 	<b>Spaghetti w/ Meat &amp; Marinara</b> Cooked Spinach Romaine Salad Pineapple Tidbits Milk	<b>Meatless Ravioli w/ Marinara</b> Capri Blend Veggies Homemade Carrot Salad Orange Milk	<b>Hamburger/WW Bun</b> Baked Beans Winter Blend Veggies Diced Pears Milk	<b>Tuna Salad</b> Sliced Bread Corn Salad Homemade Cole Slaw Fresh Apple Milk
7	8	9	10	11
<b>Meatloaf w/ Gravy</b> Graham Crackers Baked Potatoes Peas Orange Milk	<b>Italian Noodle Casserole</b> Brussels Spouts Romaine Salad Mixed Fruit Cup Milk	<b>Sweet &amp; Sour Chicken</b> Brown Rice Green Beans Homemade Cole Slaw Tropical Fruit Blend Milk	<b>Chicken Enchiladas w/ Red Sauce</b> Pinto Beans Broccoli Apricots Milk	<b>Manicotti w/ Alfredo Sauce</b> Carrot Salad Winter Blend Veggies Diced Peaches Milk
14	15	16	17	18
<b>Swedish Meatballs</b> Parslied Carrots Pickled Beets Pineapple Tidbits Milk	<b>Chicken Stew</b> Crackers CA Blend Veggies Romaine Salad Diced Pears Milk	<i>Celebrating March Birthdays!</i> <b>Spaghetti w/ Meat Sauce</b> Cooked Spinach Carrot Salad Banana Birthday Muffin Milk	<b>Pork Rib Patty w/ BBQ Sauce</b> Graham Crackers Roasted Cubed Potatoes Homemade Cole Slaw Applesauce Milk	<b>Breaded Haddock</b> Brown Rice Cauliflower Spinach Salad Mixed Fruit Cup Milk
21	22	23	24	25
<b>Beef Patty w/ Gravy</b> Sliced WW Bread Baked Potato Cubes Capri Blend Veggies Orange Milk	<b>Chicken Patty w/ Gravy</b> Roasted Sweet Potatoes Brussels Sprouts Romaine Salad Tropical Fruit Blend Milk	<b>Chicken Enchiladas w/ Red Sauce</b> Winter Blend Veggies Carrot Salad Diced Peaches Milk	<b>Turkey Pieces in Gravy</b> Stuffing Broccoli Three Bean Salad Apricots Milk	<b>Chili Beans w/out Meat</b> Crackers Corn Salad Homemade Cole Slaw Diced Pears Milk
28	29	30	31	
<b>Garbanzo Beef &amp; Rice Casserole</b> Scandinavian Blend Veggies Pickled Beets Tropical Fruit Blend Milk	<b>Cheese Ravioli w/ Meat &amp; Marinara</b> Cooked Spinach Italian Blend Veggies Pineapple Tidbits Milk	<b>Chicken Sandwich on a WW Bun</b> Roasted Sweet Potatoes Succotash Mixed Fruit Cup Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Blend Veggies Homemade Cole Slaw Banana Milk	



### 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	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
<b>San Luis Obispo Administrative Office: 541-3312</b>	<b>Central Kitchen: 541-2063 or 541-3312 ext. 104</b>		