



March 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 |
|---|---|--|---|---|
| | | 1 | 2 | 3 |
| REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <ul style="list-style-type: none"> Peel back or pierce film to vent. Heat in oven at 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. | | Pork Rib Patty w/ BBQ Sauce Green Beans Cole Slaw Graham Crackers Diced Pears Milk | Turkey pieces w/ Gravy Stuffing Broccoli Romaine Salad Apricot Halves Milk | Cheese Ravioli w/ White Sauce Peas and Carrots Three Bean Salad Mixed fruit Milk |
| 6 | 7 | 8 | 9 | 10 |
| Sloppy Joe WW Bun Winter Blend Veggies Summer Squash Diced Peaches Milk | Chicken Lo Mein Asian Blend Veggies Homemade Cole Slaw Fresh Apple Milk | Chicken Enchilada w/ Blanca Sauce Mixed Veggies Brussels Sprouts Tropical Fruit Blend Milk | Chicken Patty Parmesan Whole Grain Pasta Cooked Spinach Three Bean Salad Pineapple Tidbits Milk | Tuna Salad Slice of Bread Carrot Salad Pea Salad Orange Milk |
| 13 | 14 | 15 | 16 | 17 |
| Albondigas w/ Potatoes & Carrots Corn Tortilla Capri Blend Veggies Seasoned Zucchini Mixed Fruit Milk | Italian Noodle Casserole Broccoli Italian Blend Veggies Apricot Halves Milk | <i>Celebrating</i> Chicken a la King CA Blend Veggies Green Beans Diced Pears Birthday Muffin Milk <i>March Birthdays!</i> | Beef Patty w/ Gravy Graham Crackers Cubed Potatoes & Carrots Cauliflower Banana Milk | Egg Patties w/ Cheese Biscuit Baked Potato Stewed Tomatoes Orange Milk |
| 20 | 21 | 22 | 23 | 24 |
| WW Spaghetti in Marinara w/ Meat Cooked Seasoned Spinach Three Bean Salad Pineapple Tidbits Milk | Chicken Sandwich WW Buns Baked Beans Winter Blend Veggies Applesauce Milk | Pork Rib Patty Brown Rice Parslied Cauliflower & Carrots Homemade Coleslaw Diced Peaches Milk | Chicken Enchilada w/ Red Sauce Seasoned Pinto Beans Corn Orange Milk | Black Eyed Pea Salad & HB Egg Crackers Carrot Salad Spinach Salad Tropical Fruit Blend Milk |
| 27 | 28 | 29 | 30 | 31 |
| Sweet & Sour Meatballs Brown Rice Broccoli Pickled Beets Apricot Halves Milk | Chili Beans w/ Meat Crackers Cauliflower Carrot Salad Diced Pears Milk | Cheese Ravioli in Marinara Sauce w/ Meat CA Blend Veggies Tuscany Blend Veggies Orange Milk | Chicken Stew w/ Potatoes & Carrots Biscuit Seasoned Zucchini Cole Slaw Banana Milk | Breaded Haddock Graham Crackers Sweet Potatoes Brussels Sprouts Mixed Fruit Milk |

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/Dallas | 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 | | |