



# April 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</b> <ul style="list-style-type: none"> <li>Peel back or pierce film to vent.</li> <li>From Frozen/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes.</li> <li>From Frozen/Microwave: On HIGH for 3-5 minutes.</li> <li>Thawed/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes.</li> <li>Thawed/Microwave: On HIGH for 2-3 minutes.</li> </ul>			<b>Tuna Macaroni Salad</b> Carrot Salad Green Pea Salad Orange Milk
4	5	6	7	8
<b>Chicken Enchilada w/ Red Sauce</b> Herbed Zucchini Cole Slaw Fresh Apple Milk	<b>Italian Noodle Casserole</b> Winter Blend (WB) Vegetables Romaine Salad Diced Peaches Milk	<b>Meatballs w/ Gravy</b> Baked Potatoes Mixed Vegetables Oatmeal Cookie Orange Milk	<b>Turkey Pieces in Gravy</b> Stuffing Broccoli Green Pea Salad Apricot Halves Milk	<b>Black Eyed Peas Salad</b> Hard Cooked Egg Wheat Crackers Carrot Salad Pickled Beets Local Strawberries Milk
11	12	13	14	15
<b>Chicken a la King</b> WW Noodles Brussels Sprouts Bean Salad Fruit Cup Milk	<b>Chicken Patty Parmesan</b> WW Spaghetti Green Beans Cole Slaw Tropical Fruit Cup Milk	<b>Swedish Meatballs</b> Brown Rice CA Blend Vegetables Carrot Salad Pineapple Milk	<b>Cheese Manicotti in White Sauce</b> Cooked Seasoned Spinach Corn Salad Banana Milk	<b>Tuna Salad</b> Wheat Bread Romaine Salad Pickled Beets Local Strawberries Milk
18	19	20	21	22
<b>WW Spaghetti w/ Meat &amp; Marinara Sauce</b> Capri Blend Vegetables Cole Slaw Mixed Fruit Cup Milk	<b>Hamburger w/ Fixin's</b> WW Hamburger Bun Baked Beans Winter Blend Vegetables Applesauce Milk	<i>Celebrating April Birthdays!</i> <b>Chicken Enchilada w/ White Sauce</b> WB Vegetables Carrot Salad Birthday Muffin Diced Peaches Cup Milk	<b>Chickpea, Rice &amp; Meat Casserole</b> Broccoli Zucchini Apricot Halves Milk	<b>Chicken Ranch Salad</b> Wheat Crackers Romaine Salad Green Pea Salad Local Strawberries Milk
25	26	27	28	29
<b>Pork Rib Patty</b> Sweet Potatoes Corn Graham Crackers Orange Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Brussels Sprouts Carrot Salad Diced Pears Cup Milk	<b>Cheese Ravioli w/ Marinara Sauce</b> Cooked Seasoned Spinach Summer Squash Banana Milk	<b>Breaded Haddock Filet</b> Roasted Potatoes Mixed Vegetables Cole Slaw Tropical Fruit Cup Milk	<b>Chinese Chicken Salad w/ Noodles</b> Bean Salad Corn Salad Local Strawberries 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	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>	