



# April 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
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Welcome Spring!



3	4	5	6	7
<b>Chicken Lo Mein</b> Winter Blend Veggies Asian Blend Veggies Diced Peaches Milk	<b>Cheese Manicotti w/ Marinara</b> Cooked Spinach Summer Squash Pineapple Tidbits Milk	<b>Hamburger on Bun</b> Whole Wheat Bun Baked Beans Mixed Veggies Tropical Fruit Cup Milk	<b>Chicken Enchiladas w/ Verde Sauce</b> Cannellini Beans Homemade Coleslaw Apple Milk	<b>Tuna &amp; Macaroni Salad</b> Wheat Crackers Carrot Salad Pickled Beets Fresh Strawberries Milk
10	11	12	13	14
<b>Italian Noodle Casserole</b> CA Blend Veggies 3 Bean Salad Diced Pears in juice Milk	<b>Swedish Meatballs</b> Noodles Parslied Carrots Green Salad Mixed Fruit Cup Milk	<b>Egg Patties w/ Cheese</b> Birthday Muffin Baked Potato Stewed Tomatoes Fresh Starwberries Milk <i>April Birthdays!</i>	<b>Pork Jambalaya</b> Broccoli Green Beans Apricot Halves Milk	<b>Hawaiian Chicken Salad</b> Wheat Crackers Broccoli Slaw Corn Salad Orange Milk
17	18	19	20	21
<b>Pork Rib Patty</b> Graham Crackers Sweet Potatoes Cauliflower Applesauce Milk	<b>Chicken Enchilada w/ White Sauce</b> Black Beans Brussel Sprouts Diced Peaches Milk	<b>Whole Wheat Spaghetti w/ Meat Sauce</b> Winter Blend Veggies Carrot Salad Pineapple Tidbits Milk	<b>Breaded Haddock</b> Brown Rice Capri Blend Veggies Homemade Coleslaw Banana Milk	<b>Southwest Chicken Salad</b> Tostada Romaine Lettuce Pea Salad Fresh Strawberries Milk
24	25	26	27	28
<b>Albodingas w/ Potatoes &amp; Carrots</b> Tortilla Winter Blend Veggies Green Beans Diced Pears in Juice Milk	<b>Chicken Sandwich</b> Whole Wheat Bun Baked beans Homemade Coleslaw Mixed Fruit Cup Milk	<b>Cheese Ravioli in Marinara Sauce w/ Meat</b> Broccoli Cooked Spinach Apricot Halves Milk	<b>Pork Chili Verde</b> Flour Tortilla Tuscan Blend Veggies Corn Strawberries Milk	<b>Taco Salad w/ Romaine</b> Tostada Homemade Carrot Salad Pickled Beets Orange 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	Dallas	543-0469
** SLO: Laguna Lake Area: UCC Church	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>		