



May 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Meatloaf w/ Gravy Brown Rice Summer Squash Pickled Beets Orange Milk	Italian Noodle Casserole Broccoli Italian Blend Veg. Apricots Milk	Chicken Stew Wheat Crackers Green Beans Homemade Cole Slaw Mixed Fruit Cup Milk	Chicken Enchilada w/ Red Sauce Cauliflower Succotash Fresh Apple Milk	Beefy Taco Salad Carrot Salad Corn Salad Local Strawberries Milk
9	10	11	12	13
Meatballs w/ Gravy Cubed Potatoes Winter Blend Veg. Graham Crackers Diced Peaches Cup Milk	Chili Beans w/ Meat Wheat Crackers Carrot Salad Cooked Seasoned Spinach Pineapple Tidbits Cup Milk	Turkey Pieces in Gravy Stuffing Brussels Sprouts Romaine Salad Diced Pears Cup Milk	Cheese Manicotti w/ Marinara Parslied Carrots Italian Blend Veg. Orange Milk	Tuna Salad Slice of WW Bread Homemade Cole Slaw Pea Salad Local Strawberries Milk
16	17	18	19	20
Chicken Enchilada w/ White Sauce Mixed Vegetables CA Blend Vegetables Tropical Fruit Cup Milk	Hamburger w/ Fixin's WW Bun Baked Beans Homemade Cole Slaw Mixed Fruit Cup Milk	Celebrating May Albondigas w/ Potatoes & Carrots Corn Tortilla Broccoli & Zucchini Apricot Halves Birthday Muffin & Milk Birthdays!	WW Spaghetti w/ Meat & Marinara Cooked Spinach Bean Salad Banana Milk	Chef Salad w/ Turkey, Cheese, Egg, Romaine Wheat Crackers Carrot Salad Pickled Beets Local Strawberries Milk
23	24	25	26	27
Cheese Ravioli, Marinara w/ Meat Sauce Cooked Spinach Pea Salad Pineapple Tidbits Cup Milk	Garbanzo Sausage Casserole Tuscan Blend Veg. Carrot Salad Orange Milk	Beef Patty w/ Gravy Baked Potato CA Blend Vegetables Applesauce Oatmeal Cookie Milk	Breaded Haddock Brown Rice Summer Squash Homemade Coleslaw Banana Milk	Honey Mustard Chicken Salad Wheat Crackers Romaine Salad Bean Salad Local Strawberries Milk
30	31	REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!		
CLOSED FOR  MEMORIAL DAY REMEMBER & HONOR	Pork Rib Patty Roasted Swt. Potatoes Cauliflower Graham Crackers Diced Peaches Cup 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. 		



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/Barb	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
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		