



# May 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	4	5
Turkey Pieces and Gravy Stuffing Peas 3 Bean Salad Tropical Fruit Cup Milk	Cheese Stuffed Manicotti Marinara Sauce Cauliflower Homemade Carrot Salad Applesauce Milk	Tuna Noodle Casserole Brussel Sprouts Summer squash Banana Milk	Hamburger W/ Fixins Whole Wheat Bun Roasted Potatoes & Carrots Homemade Cole Slaw Pineapple Tidbits Milk	Chicken Enchilada w/ Red Sauce Pinto Beans Corn Local Strawberries Milk
8	9	10	11	12
Sweet & Sour Meatballs Brown Rice Winter Blend Veggies Pickled Beets Diced Peaches Milk	Beef Patty w/ Gravy Whole Wheat Bread Baked Potatoes CA Blend Veggies Diced Pears Milk	Italian Noodle Casserole Broccoli Italian Blend Veggies Apricots Milk	Chicken Ala King Biscuit Capri Blend Veggies Succotash Local Strawberries Milk	Chef Salad (Romaine, Egg, Turkey, Cheese) Crackers Pea Salad Homemade Carrot Salad Orange Milk
15	16	17	18	19
Whole Wheat Spaghetti Marinara Sauce w/ Meat Spinach 3 Bean Salad Pineapple Tidbits Milk	Chicken Enchilada w/ Verde Sauce Black Beans Cauliflower Fresh Apple Milk	<i>Celebrating</i> Egg Patties w/ Cheese Birthday Muffin Baked Potato Stewed Tomato Local Strawberries Milk <i>May Birthdays!</i>	Breaded Haddock Brown Rice Mixed Veggies Homemade Cole Slaw Orange Milk	Oriental Chicken Salad Pickled Beets Broccoli Slaw Tropical Fruit Cup Milk
22	23	24	25	26
Cheese Manicotti w/ Marinara Sauce CA Blend Veggies Zucchini Diced Peaches Milk	Chicken Patty w/ BBQ Sauce Graham Crackers Roasted Cubed Potatoes Scandinavian Blend Veggies Mixed Fruit Cup Milk	Hungarian Goulash Broccoli Tuscan Blend Veggies Apricot Halves Milk	Meatballs w/ Gravy Whole Wheat Bread Scalloped Potatoes Winter Blend Veggies Banana Milk	Chicken Ranch Salad w/ Romaine Crackers Corn Salad Homemade Carrot Salad Local Strawberries Milk
29	30	31		
<i>Closed in Observance of Memorial Day If You Need A Meal Talk To Your Site Manager</i>	Pork Rib Patty w/ BBQ Sauce Graham Crackers Sweet Potatoes Brussel Sprouts Diced Pear Milk	Chicken Enchilada w/ White Sauce Succotash Parslied Carrots Tropical Fruit Blend Milk	 <p><b>OLDER AMERICANS MONTH</b> AGING UNBOUND: MAY 2023</p>	

## 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>		