



June 2022 Menu

Nourishing SLO County seniors with more than just 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. Oven 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. 		Swedish Meatballs Whole Wheat Pasta Parslied Carrots Pickled Beets Orange Milk	Chicken Enchilada w/ Red Sauce Broccoli Lima Beans Apricot Halves Milk	Southwest Chicken Salad w/ Romaine Tostada Cole Slaw Corn Salad Local Strawberries Milk
6	7	8	9	10
Turkey Pieces in Gravy Stuffing Winter Blend Veg. Bean Salad Diced Pears Milk	Asian Chicken Casserole w/ Noodles Carrot Salad French Cut Green Beans Orange Milk	Chicken Patty Parmesan Whole Wheat Pasta Romaine Salad Seasoned Spinach Pineapple Tidbits Milk	Garbanzo, Rice & Sausage Casserole Mixed Veg. Cole Slaw Banana Milk	Tuna Macaroni Salad Pickled Beets Pea Salad Local Strawberries Milk
13	14	18	16	17
Meatballs in Gravy Graham Crackers Baked Potatoes CA Blend Veg. Tropical Fruit Blend Milk	Chicken a la King Brussels Sprouts Romaine Salad Mixed Fruit Milk	<i>Celebrating June Birthdays!</i> Chicken Enchilada w/ White Sauce Summer Squash Carrot Salad Orange/Birthday Muffin Milk	Italian Noodle Casserole Broccoli Spinach Salad Apricots Halves Milk	Black Eyed Pea Salad & HB Egg Crackers Corn Salad Cole Slaw Local Strawberries Milk
20	21	22	23	24
Beef Patty w/ Gravy Slice of WW Bread Herbed Potato Wedges Parslied Carrots Orange Milk	Cheese Manicotti w/ Marinara Cauliflower Seasoned Spinach Fresh Apple Milk	Chicken Sandwich WW Hamburger Bun Capri Blend Veg. Baked Beans Pineapple Tidbits Milk	Breaded Haddock Brown Rice Winter Blend Veg. Cole Slaw Banana Milk	Chicken Ranch Salad, Romaine Lettuce Croutons & Crackers Carrot Salad Pickled Beets Local Strawberries Milk
27	28	29	30	
Cheese Ravioli w/ Marinara Meat Sauce Brussels Sprouts Bean Salad Diced Peaches Milk	Chicken Enchilada w/ Meat Sauce CA Blend Veg. Carrot Salad Diced Pears Milk	Albondigas w/ Potatoes & Carrots Tortilla Corn Green Beans Orange Milk	Pork Rib Patty Barley Pilaf Broccoli Romaine Salad Apricot Halves Milk	JUNE 21st <i>Hello</i>



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 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	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		