

Executive Director's Corner – Elias Nimeh

Dining Rooms Re-open Tuesday July 6!

- Vax** If you are vaccinated, you are welcome to visit our dining room in the same way you did pre-COVID guidelines!
- No Vax** If you are NOT vaccinated, you are welcome to visit our dining room wearing a mask and eating your meal in a socially distant space.
- Call!** For a dining room meal the week of July 6th, **CALL YOUR SITE MANAGER ASAP! (No later than 10:00 a.m. July 1st!)**
- Not Ready** Not comfortable in the dining room? You can pick up or we will continue to deliver your meals to your home through September 2021.
- Want a Vax** If you are interested in getting your vaccine please visit myturn.ca.gov to find a vaccination near you!

We look forward to once again seeing you at lunch!

What You Want to Know!

Recently, we sent our annual survey to all of our clients to get their feedback. One popular topic was "What is the nutrition content of our meals?" Our menus are carefully planned by Irene Palacios (Kitchen Director) and Wendy Fertschneider (Registered Dietitian) each month to provide 1/3 of the Recommended Dietary Allowances for older adults and following the USDA Dietary Guidelines. Each meal is a minimum of 550 calories and must include:



- A protein entrée that has at least 15 g of protein
- 1 oz or half cup of grain (half of of the servings must be whole grain)
- 2 half cups of vegetables (salads are 1 cup per serving)
- 1 half cup of fruit
- 1 cup of milk
- Vitamin C: 25 mg daily
- Vitamin A: 250 mcg 3 times a week
- Sodium: 720 mg on average

For example, a recent meal contained 613 calories, 36 g of protein, 716 mg of sodium, 63 mg of Vitamin C, 435 mcg of Vitamin A, 79 g carbohydrates, 19 g of fat (5 g of saturated fat), 81 mg of cholesterol, 10 g of fiber, 523 mg of calcium and 4 mg of iron!

Volunteer News – Wendy Fertschneider, R.D.

We have the most amazing group of volunteers! You know how we know? Our clients told us so! We had nothing but glowing comments on the annual Client Survey! 98.3% of the client responses came from On-time! Friendly! and Helpful!

We are Meals That *Connect* in no small part because of our volunteers. Thank you much for all that you do for our senior clients. We appreciate you! And, as you can see, they do too! This quote from one our clients says it perfectly:

"They are doing a great job!"

"Wonderful, wonderful people. Deserve all thanks and praise."

"I think all of you are amazing. You are - literally - life savers. I appreciate you more than words can describe. Thank you so much."

I also wanted to thank all of you that participated in the volunteer training.

We had over 200 volunteers complete the training! Everyone that participated received a goody bag and was entered into a drawing at each site. We awarded 11 gift cards for \$25 cash!

And finally, it is that time of year again! Every volunteer is required to complete Security Awareness Training annual renewal. This is done online and must be completed between July 1st & July 31st. Please print your certificate, sign and return to your Site Manager!

"I look forward to their friendly smile and attitude."

"Excellent about concern and welfare of me, as well as friendly and helpful."

Here is the website: www.aging.ca.gov/Information_Security/Privacy_and_Information_Security_Awareness_Training/

Spotlight on Volunteers! – Janine Lloyd, Site Mgr.



Meet the Angel of Avila! Mary Matakovich volunteers for our San Luis Obispo site, with a twist! Avila Beach is beyond our delivery area so Mary graciously drives to MTC's SLO site once a week to pick up frozen meals and delivers them to our seniors by the sea! Mary loves the clients on her route and enjoys seeing them each week. Thank you Mary!



July 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Meal Heating Instructions: Microwave for 2- 3 minutes. Regular Oven 10-15 minutes at 350°	 DO YOU NEED TO CANCEL A MEAL? Please call your Site Manager to CANCEL, SUSPEND or RESUME meals 2 business days in advance. Thank you!		Spaghetti w/ Meat Sauce & Marinara (Whole Wheat Pasta) Broccoli Romaine Salad Sliced Apricots Milk	Black Eyed Pea Salad Hard Cooked Egg Wheat Crackers Pickled Beets Carrot Salad Fresh Local Strawberries Milk
5	6	7	8	9
CLOSED <i>Independence Day Observed.</i>	BBQ Pork Rib Patty Graham Crackers Roasted Sweet Potatoes Brussel Sprouts Sliced Pears Milk	Chicken Enchilada w/ White Sauce (Tortilla) Pinto Beans Corn Mandarins & Pineapple Milk	Italian Noodle Casserole (Pasta) Cooked Seasoned Spinach Bean Salad Pineapple Tidbits Milk	Tuna Macaroni Salad (Pasta) Homemade Carrot Salad Romaine Salad Watermelon Milk
12	13	14	15	16
Cheese Ravioli w/ Meat & Marinara Sauce Cauliflower Italian Blend Vegetables Fruit Cocktail Milk	Sweet & Sour Meatballs Brown Rice Summer Squash Green Pea Salad Orange Milk	Chicken a la King Pasta Broccoli Spinach Salad Sliced Apricots Milk	Hamburger w/ Fixins Whole Wheat Bun BBQ Beans Homemade Cole Slaw Banana Milk	Chicken Ranch Salad w/ Romaine Wheat Crackers Homemade Carrot Salad Pickled Beets Cantaloupe Milk
19	20	21	22	23
Breaded Haddock Brown Rice Mixed Vegetables Homemade Cole Slaw Fresh Apple Milk	Beef Patty w/ Gravy Oatmeal Cookie Mashed Potatoes Winter Blend Vegetables Sliced Peaches Milk	<i>Happy Birthday!</i> Omelet w/ Cheese Birthday Muffin Roasted Sweet Potatoes Brussel Sprouts Sliced Pears Milk	Chicken Enchiladas w/ Red Sauce (Tortilla) Succotash Zucchini Honeydew Melon Milk	Hawaiian Chicken Salad Crackers Homemade Carrot Salad Corn Salad Orange Milk
26	27	28	29	30
Albondigas Corn Tortilla Pinto Beans Capri Blend Mandarins & Pineapple Milk	Spaghetti w/ Meat Sauce & Marinara (Whole Wheat Pasta) Cooked Seasoned Spinach Romaine Salad Banana Milk	Turkey Pieces w/ Gravy Stuffing Broccoli Pea Salad Sliced Apricots Milk	BBQ Chicken Patty Barley Pilaf CA Blend Vegetables Homemade Cole Slaw Applesauce Milk	Beefy Taco Salad Tostada Homemade Carrot Salad Pickled Beets Watermelon Milk

Menu item substitutions based on product availability.

CONTACT US			
Site Locations	Serving Time	Site Manager	Phone
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:30	Jesse/Kat	927-1268
Los Osos	11:30	Rachel	528-6923
Morro Bay/Cayucos	11:30	Marilee/Kat	772-4422
Nipomo	11:30	Sandy	929-1066
Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:30	Janine	438-5854
San Luis Obispo	11:30	Janine	543-0469
SLO: Laguna Lake Area: UCC Church	11:30	Janine	541-1168
San Luis Obispo Main Office: 541-3312		Central Kitchen: 541-2063	