



July 2021 Menu

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

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	