



July 2022 Menu

Nourishing SLO County seniors with more than just meals.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <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. 				Taco Salad w/Beef Romaine Lettuce Tostada Coleslaw Pea Salad Local Strawberries Milk
CLOSED	5	6	7	8
	Rib Patty w/ BBQ Sauce Graham Cracker Roasted Cubed Sweet Potatoes Italian Blend Veggies Orange Milk	Chili Beans w/ Meat Crackers Cauliflower Capri Blend Veggies Tropical Fruit Blend Milk	Chicken Stew w/ Potatoes & Carrots WW Pasta Winter Blend Veggies Pickled Beets Mixed Fruit Milk	Tuna Salad Slice Of WW Bread Carrot Salad Corn Salad Watermelon Milk
11	12	13	14	15
Chicken Patty w/ Gravy Stuffing Cole Slaw Green Beans Fresh Apple Milk	Chicken Enchilada w/ White Sauce Broccoli Lima Beans Apricots Milk	Sweet & Sour Meatballs Brown Rice Brussels Sprouts Carrot Salad Diced Peaches Milk	WW Spaghetti w/ Meat & Marinara Sauce Cooked Spinach Bean Salad Banana Milk	Chef Salad Crackers Pea Salad Pickled Beets Cantaloupe Milk
18	19	20	21	22
Cheese Ravioli Meat Marinara Sauce Zucchini Italian Blend Veggies Orange Milk	Chicken a la King WW Pasta Cauliflower Romaine Salad Pineapple Tidbits Milk	<i>Celebrating July Birthdays!</i> Breaded Haddock Brown Rice Winter Blend Veggies Pea Salad Diced Pears Birthday Muffin & Milk	Beef Patty & Gravy Baked Potato Parslied Carrots Cole Slaw Tropical Fruit Blend Milk	Black Eyed Pea Salad Hard Cooked Egg Graham Crackers Carrot Salad Corn Salad Honeydew Melon Milk
25	26	27	28	29
Garbanzo & Meat Casserole CA Blend Veggies Green Beans Mixed Fruit Milk	Italian Noodle Casserole Cooked Seasoned Spinach Carrot Salad Orange Milk	Swedish Meatballs WW Noodles Broccoli Pickled Beets Apricot Halves Milk	Chicken Enchilada w/ Red Sauce Mixed Veggies Brussels Sprouts Applesauce Milk	Hawaiian Chicken Salad WW Dinner Roll Cole Slaw Bean Salad Watermelon Milk



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		