



# August 2022 Menu

Nourishing SLO County seniors with more than just meals.



### DO YOU NEED TO CANCEL A MEAL?

Please call your Site Manager to **CANCEL, SUSPEND** or **RESUME** meals **2** business days in advance.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>Chicken Patty w/ Gravy</b> Graham Cracker Baked Potato Summer Squash Orange Milk	<b>Hamburger</b> on a WW Bun Roasted Sweet Potato Brussels Sprouts Diced Peaches Milk	<b>Cheese Manicotti</b> Marinara Sauce Capri Blend Veggies Cole Slaw Pineapple Milk	<b>Chili Beans w/ Meat</b> Crackers Winter Blend Veggies Fresh Tomato Salad Diced Pears Milk	<b>Tuna Macaroni Salad</b> Green Salad Carrot Salad Cantaloupe Milk
8	9	10	11	12
<b>Rib BBQ</b> Barley Pilaf Mixed Veggies Bean Salad Tropical Fruit Cup Milk	<b>Chicken Enchilada in Blanca Sauce</b> Broccoli Zucchini Sliced Apricots Milk	<b>Sweet &amp; Sour Meatballs</b> Brown Rice Oriental Blend Veggies Cole Slaw Mixed Fruit Milk	<b>Spaghetti w/ Meat Sauce</b> Cooked Seasoned Spinach Romaine Salad Banana Milk	<b>Chinese Chicken Salad w/ Noodles</b> Pickled Beets Corn Salad Honeydew Melon Milk
15	16	17	18	19
<b>Garbanzo &amp; Beef Casserole</b> Winter Blend Veggies Pea Salad Apple	<b>Cheese Ravioli w/ Meat Marinara</b> Parslied Carrots Italian Blend Veggies Orange Milk	<b>Celebrating August Birthdays!</b> <b>Chicken a la King</b> Green Beans Romaine Salad Birthday Muffin, Fruit Mix Milk	<b>Breaded Haddock</b> Brown Rice CA Blend Veggies Cole Slaw Diced Pears Milk	<b>S.W. Chicken Salad</b> Tostada Bean Salad Carrot Salad Watermelon Milk
22	23	24	25	26
<b>Italian Noodle Casserole</b> Cooked Seasoned Spinach Lima Beans Pineapple Tidbits Milk	<b>Meatballs in Gravy</b> Slice of WW Bread Broccoli Tuscan Blend Veggies Sliced Apricots Milk	<b>Asian Chicken Casserole w/ Noodles</b> Cauliflower Carrot Salad Diced Pears Milk	<b>Chicken Enchiladas in Red Sauce</b> Pinto Beans Cole Slaw Bananas Milk	<b>Black Eyed Pea Salad</b> Hard Cooked Egg Crackers Pickled Beets Romaine Salad Cantaloupe Milk
29	30	31	<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</b> <ul style="list-style-type: none"> <li>• Peel back or pierce film to vent.</li> <li>• Oven 350° <u>OR</u> Microwave on HIGH.               <ul style="list-style-type: none"> <li>• Frozen in Oven = 30 minutes</li> <li>• Frozen in Microwave = 3-5 minutes.</li> <li>• Thawed in Oven = 10 minutes</li> <li>• Thawed in Microwave = 2-3 minutes.</li> </ul> </li> </ul>	
<b>Turkey Pieces in Gravy</b> Stuffing CA Blend Veggies Bean Salad Applesauce Milk	<b>Chicken Stew</b> WW Pasta Green Beans Romaine Salad Orange Milk	<b>Chicken Sandwich w/ Fixin's</b> WW Hamburger Bun Roasted Sweet Potato Cole Slaw Tropical Fruit Blend Milk		

### 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
<b>San Luis Obispo Administrative Office: 541-3312</b>	<b>Central Kitchen: 541-2063 or 541-3312 ext. 104</b>		