



August 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Italian Noodle Casserole Winter & Italian Blend Vegetables Fruit Cocktail Milk	Sweet & Sour Chicken Brown Rice Oriental Blend Vegetables Asian Cole Slaw Orange Milk	Hamburger w/ Fixins Whole Wheat Bun Corn Carrot Salad Cantaloupe Milk	Chicken Enchilada w/ White Sauce Black Beans Brussels Sprouts Sliced Peaches Milk	Tuna Macaroni Salad Pickled Beets Fresh Tomato Quarters Sliced Pears Milk
9	10	11	12	13
Swedish Meatballs Whole Wheat Pasta Scandinavian Blend Vegetables Green Pea Salad Mandarins & Pineapple Milk	Garbanzo & Beef Casserole Rice Broccoli Romaine Salad Apricot Halves Milk	Chicken Patty Parmesan Whole Wheat Pasta Cooked Seasoned Spinach Bean Salad Banana Milk	Pork Rib Patty w/ BBQ Sauce Graham Crackers Roasted Sweet Potatoes Summer Squash Honeydew Melon Milk	Chef's Salad w/ Turkey, Cheese & Egg Crackers Corn Salad Fresh Tomato Quarters Fresh Apple Milk
16	17	18	19	20
Beef Patty w/ Gravy Slice of Whole Wheat Bread Baked Potatoes CA Blend Vegetables Fruit Cocktail Milk	Chicken Enchiladas w/ Red Sauce Parslied Carrots Cauliflower Sliced Peaches Milk	<i>Celebrating August</i> Fresh Local Fish Birthday Muffin! Roasted Potatoes/Carrots Homemade Cole Slaw Orange & Milk <i>Birthdays!</i>	Cheese Ravioli w/ Chicken in White Sauce Capri Blend Vegetables Fresh Tomato Quarters Pineapple Tidbits Milk	Asian Chicken Salad w/ Noodles Homemade Carrot Salad Pickled Beets Watermelon Milk
23	24	25	26	27
Omelet Muffin Roasted Potatoes/Carrots Stewed Tomatoes Mandarins & Pineapple Milk	Spaghetti w/ Meat Sauce Whole Wheat Pasta Broccoli Romaine Salad Apricot Halves Milk	Chicken Stew w/ Potatoes & Carrots Wheat Crackers Tuscany Blend Vegetables Green Beans Cantaloupe Milk	Meatballs in Gravy Oatmeal Cookie Mashed Potatoes Homemade Carrot Salad Sliced Pears Milk	Beefy Taco Salad Cilantro Ranch Slaw Fresh Tomato Quarters Applesauce Milk
30	31	<i>Menu item substitutions based on product availability.</i>		
Turkey Pieces in Gravy Stuffing Mixed Vegetables Pea Salad Orange Milk	Cheese Ravioli w/ Meat & Marinara Sauce Cooked Seasoned Spinach Bean Salad Pineapple Tidbits Milk	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. 		



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

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	David	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 3312 x104	