

## Executive Director's Corner – Elias Nimeh



A huge thank you to **Hague Quality Water** for taking care of our water quality needs! Hague Quality Water is a locally owned and operated family business. Eric and

Erika Forongy generously support MTC through donated services to our program. It is this kind of local spirit and partnership that helps sustain our vital program and be able to continue to provide meals to our SLO County seniors. If you are looking for help with your water quality, residential or commercial use, I highly recommend contacting Hague Quality Water. Visit [www.slowater.com](http://www.slowater.com) or call 800 549-0038.

I am so happy to be able to say **"Welcome Back!"** to the dining rooms! Our MTC serving sites have re-opened and many of you have resumed joining each other for an hour of good food and fun catch up conversations. (Vaccinated people are not required to wear a mask. Unvaccinated people wear a mask to enter and eat in a socially distant area. We will continue to offer home delivery for 6 months to those of you not yet comfortable in public spaces.) It has been a long, difficult time and all of our Site Managers are thrilled to see you again!



## The Results Are In!



Last month, to answer a popular question in our annual survey, we updated you on the nutrition content of our meals. This month, we thought you might like to know the results of your favorite and least favorite

items on our menu. An interesting twist: **Four of our menu items appear on both lists!**

### Favorites

- 1 Fish!
- 2 Omelette!
- 3 Salads!
- 4 Pork Rib Patties!
- 5 Ravioli!
- 6 Enchiladas!
- 7 Hamburgers!
- 8 Chicken!
- 9 Spaghetti!
- 10 Meatballs!

### Least Favorites

- 1 Fish
- 2 Omelette
- 3 Beets
- 4 Hamburgers
- 5 Carrot Salad
- 6 Brussel Sprouts
- 7 Tuna Casserole
- 8 Spinach
- 9 Salads
- 10 Canned Fruit

## Volunteer News – Wendy Fertschneider, R.D.



In the 1993 movie Groundhog Day, starring Bill Murray as Phil, the character is stuck in a time loop where he repeats the same day over and over. He gradually learns things about himself and others and is profoundly *changed*. I feel like I am stuck in the movie Groundhog Day (*without the change*) when it comes to ensuring we are delivering meals safely to our clients.

I want to make sure everyone understands that it has **ALWAYS been our policy that our volunteers CANNOT leave a meal at a home unless we SEE OR SPEAK TO THE CLIENT.** To our seniors, please do not ask our volunteers to do so. To our volunteers, please do not agree to do this. If our clients are not planning to eat right away, the meal must be put in the refrigerator.

There are **two main reasons** for this policy. **First**, It is an important part of our program **to assure the well-being of our clients** every day when we deliver the meal. It is not good enough to hear the TV on, and not talk to them. *Many of us have experienced meal deliveries when our client has not answered the door, only to discover after further investigation that they had fallen and were lying on the floor. Or worse.* **Second**, leaving a meal outside or on a table inside means we have no idea how long the meal might sit at room temperature (or outdoor temperature, most recently in the 90° range!). Food left out too long is a breeding ground for bacteria and **food borne illness causes thousands of deaths each year**, particularly in the elderly.

Despite the existence of this policy since the beginning, **we had yet another call this week about a meal being left at a house when there was no contact with our client.** Please, help me out of my Groundhog Day experience! Let's not continue to repeat this mistake over and over until we learn a lesson the hard way.

## Spotlight on MTC Employees!



This month we introduce **Jesse Miller, Site Manager** for our Cambria site. Jesse has been working for MTC for over 30 years! That is true dedication! He has also worked at our Los Osos and Morro Bay sites. He has done it all and filled in when needed. Jesse keeps threatening to retire but none of us are holding our breath!



# August 2021 Menu

| MONDAY                                                                                                                             | TUESDAY                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                        | FRIDAY                                                                                                                   |
|------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <b>2</b>                                                                                                                           | <b>3</b>                                                                                                                 | <b>4</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <b>5</b>                                                                                                                        | <b>6</b>                                                                                                                 |
| <b>Italian Noodle Casserole</b><br>Winter & Italian Blend Vegetables<br>Fruit Cocktail<br>Milk                                     | <b>Sweet &amp; Sour Chicken</b><br>Brown Rice<br>Oriental Blend Vegetables<br>Asian Cole Slaw<br>Orange<br>Milk          | <b>Hamburger w/ Fixins</b><br>Whole Wheat Bun<br>Corn<br>Carrot Salad<br>Cantaloupe<br>Milk                                                                                                                                                                                                                                                                                                                                                                             | <b>Chicken Enchilada w/ White Sauce</b><br>Black Beans<br>Brussels Sprouts<br>Sliced Peaches<br>Milk                            | <b>Tuna Macaroni Salad</b><br>Pickled Beets<br>Fresh Tomato Quarters<br>Sliced Pears<br>Milk                             |
| <b>9</b>                                                                                                                           | <b>10</b>                                                                                                                | <b>11</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>12</b>                                                                                                                       | <b>13</b>                                                                                                                |
| <b>Swedish Meatballs</b><br>Whole Wheat Pasta<br>Scandinavian Blend Vegetables<br>Green Pea Salad<br>Mandarins & Pineapple<br>Milk | <b>Garbanzo &amp; Beef Casserole</b><br>Rice<br>Broccoli<br>Romaine Salad<br>Apricot Halves<br>Milk                      | <b>Chicken Patty Parmesan</b><br>Whole Wheat Pasta<br>Cooked Seasoned Spinach<br>Bean Salad<br>Banana<br>Milk                                                                                                                                                                                                                                                                                                                                                           | <b>Pork Rib Patty w/ BBQ Sauce</b><br>Graham Crackers<br>Roasted Sweet Potatoes<br>Summer Squash<br>Honeydew Melon<br>Milk      | <b>Chef's Salad</b><br>w/ Turkey, Cheese & Egg<br>Crackers<br>Corn Salad<br>Fresh Tomato Quarters<br>Fresh Apple<br>Milk |
| <b>16</b>                                                                                                                          | <b>17</b>                                                                                                                | <b>18</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>19</b>                                                                                                                       | <b>20</b>                                                                                                                |
| <b>Beef Patty w/ Gravy</b><br>Slice of Whole Wheat Bread<br>Baked Potatoes<br>CA Blend Vegetables<br>Fruit Cocktail<br>Milk        | <b>Chicken Enchiladas w/ Red Sauce</b><br>Parslied Carrots<br>Cauliflower<br>Sliced Peaches<br>Milk                      | <i>Celebrating August</i><br><b>Fresh Local Fish Birthday Muffin!</b><br>Roasted Potatoes/Carrots<br>Homemade Cole Slaw<br>Orange & Milk<br><i>Birthdays!</i>                                                                                                                                                                                                                                                                                                           | <b>Cheese Ravioli w/ Chicken in White Sauce</b><br>Capri Blend Vegetables<br>Fresh Tomato Quarters<br>Pineapple Tidbits<br>Milk | <b>Asian Chicken Salad w/ Noodles</b><br>Homemade Carrot Salad<br>Pickled Beets<br>Watermelon<br>Milk                    |
| <b>23</b>                                                                                                                          | <b>24</b>                                                                                                                | <b>25</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>26</b>                                                                                                                       | <b>27</b>                                                                                                                |
| <b>Omelet Muffin</b><br>Roasted Potatoes/Carrots<br>Stewed Tomatoes<br>Mandarins & Pineapple<br>Milk                               | <b>Spaghetti w/ Meat Sauce</b><br>Whole Wheat Pasta<br>Broccoli<br>Romaine Salad<br>Apricot Halves<br>Milk               | <b>Chicken Stew</b><br>w/ Potatoes & Carrots<br>Wheat Crackers<br>Tuscany Blend Vegetables<br>Green Beans<br>Cantaloupe<br>Milk                                                                                                                                                                                                                                                                                                                                         | <b>Meatballs in Gravy</b><br>Oatmeal Cookie<br>Mashed Potatoes<br>Homemade Carrot Salad<br>Sliced Pears<br>Milk                 | <b>Beefy Taco Salad</b><br>Cilantro Ranch Slaw<br>Fresh Tomato Quarters<br>Applesauce<br>Milk                            |
| <b>30</b>                                                                                                                          | <b>31</b>                                                                                                                | <i>Menu item substitutions based on product availability.</i>                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                 |                                                                                                                          |
| <b>Turkey Pieces in Gravy</b><br>Stuffing<br>Mixed Vegetables<br>Pea Salad<br>Orange<br>Milk                                       | <b>Cheese Ravioli w/ Meat &amp; Marinara Sauce</b><br>Cooked Seasoned Spinach<br>Bean Salad<br>Pineapple Tidbits<br>Milk | <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>• From Frozen/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 30 minutes.</li> <li>• From Frozen/Microwave: On HIGH for 3-5 minutes.</li> <li>• Thawed/Oven: Preheat oven to 350° Place tray on cookie sheet and heat for 10 minutes.</li> <li>• Thawed/Microwave: On HIGH for 2-3 minutes.</li> </ul> |                                                                                                                                 |                                                                                                                          |



### 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 |
| <b>San Luis Obispo Main Office: 541-3312</b>                  |              | <b>Central Kitchen: 541 3312 x104</b> |          |