



# September 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p><b>REHEATING INSTRUCTIONS:</b>  <b>DO NOT USE A TOASTER OVEN!</b></p> <ul style="list-style-type: none"> <li>• Peel back or pierce film to vent.</li> <li>• Oven 350° OR Microwave on HIGH.               <ul style="list-style-type: none"> <li>• Frozen in Oven = 30 minutes</li> </ul> </li> <li>• Frozen in Microwave = 3-5 minutes.               <ul style="list-style-type: none"> <li>• Thawed in Oven = 10 minutes</li> <li>• Thawed in Microwave = 2-3 minutes.</li> </ul> </li> </ul>		<p><b>Fresh Local Fish</b>  <b>Vera Cruz</b>            Tortilla            Parslied Carrots            Brussel Sprouts            Fruit Cocktail            Milk</p>	<p><b>Chicken Enchilada w/ White Sauce</b>            CA Blend Vegetables            Homemade Cole Slaw            Peaches            Milk</p>	<p><b>Honey Mustard Chicken Salad</b>            Crackers            Pickled Beets            Fresh Tomato Quarters            Sliced Pears            Milk</p>
6	7	8	9	10
<p><i>CLOSED for Labor Day!</i></p>	<p><b>Pork Rib Patty w/ BBQ Sauce</b>            Graham Crackers            Roasted Sweet Potatoes            Broccoli            Apricot Halves            Milk</p>	<p><b>Albondigas w/ Potatoes &amp; Carrots</b>            Corn Tortilla            Succotash            Zucchini            Fresh Apple            Milk</p>	<p><b>Italian Noodle Casserole</b>            Italian Blend Vegetables            Pickled Beets            Honeydew Melon            Milk</p>	<p><b>Chicken Ranch Salad w/ Romaine</b>            Wheat Crackers            Fresh Tomato Wedges            Homemade Carrot Salad            Fruit Cocktail            Milk</p>
13	14	15	16	17
<p><b>Hungarian Goulash</b>            Capri Blend Vegetables            Homemade Cole Slaw            Sliced Peaches            Milk</p>	<p><b>Chicken Sandwich w/ Fixins</b>            Whole Wheat Bun            Baked Potato            Green Beans            Orange            Milk</p>	<p><i>Celebrating September Birthdays!</i>  <b>Spaghetti w/ Meat &amp; Marinara</b>            Cooked Seasoned Spinach            3 Bean Salad            Banana, Birthday Muffin            Milk</p>	<p><b>Chicken Enchilada w/ Red Sauce</b>            Pinto Beans            Summer Squash            Cantaloupe            Milk</p>	<p><b>Tuna Macaroni Salad</b>            Homemade Carrot Salad            Fresh Tomato Wedges            Sliced Pears            Milk</p>
20	21	22	23	24
<p><b>Cheese Ravioli w/ Meat &amp; Marinara</b>            Cooked Seasoned Spinach            Pickled Beets            Mandarin Pineapple            Milk</p>	<p><b>Beef Patty w/ Gravy</b>            Graham Crackers            Roasted Potato Cubes            Broccoli            Apricot Halves            Milk</p>	<p><b>Sweet &amp; Sour Chicken</b>            Brown Rice            Oriental Blend Vegetables            Homemade Carrot Salad            Orange            Milk</p>	<p><b>Meatballs w/ Gravy</b>            Slice of Whole Wheat Bread            Mashed Potatoes            Green Beans            Applesauce            Milk</p>	<p><b>Black Eyed Pea Salad</b>            Hard Boiled Egg            Wheat Crackers            Homemade Cole Slaw            Fresh Tomato Wedges            Fruit Cocktail            Milk</p>
27	28	29	30	
<p><b>Turkey in Gravy w/ Stuffing</b>            Brussel Sprouts            Bean Salad            Sliced Peaches            Milk</p>	<p><b>Omelet w/ Cheese</b>            Blueberry Muffin            Baked Potatoes            CA Blend Vegetables            Sliced Pears            Milk</p>	<p><b>Chicken Enchilada w/ White Sauce</b>            Black Beans            Tomato Wedges            Banana            Milk</p>	<p><b>Breaded Haddock</b>            Brown Rice            Peas            Homemade Cole Slaw            Fresh Apple            Milk</p>	<p><i>Menu item substitutions based on product availability.</i></p>



**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	Malia	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	Milda	541-1168
<b>San Luis Obispo Main Office: 541-3312</b>		<b>Central Kitchen: 541 3312 x104</b>	