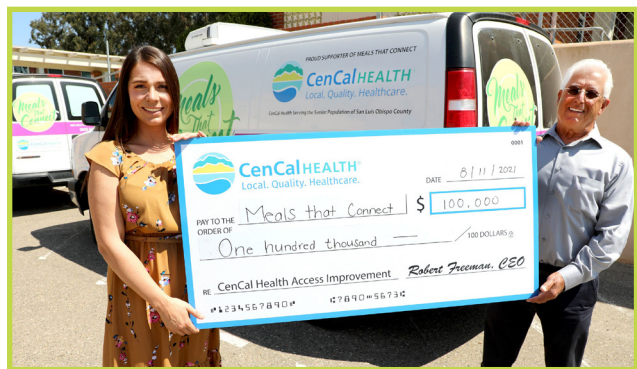


Executive Director's Corner – Elias Nimeh

That's a REALLY BIG CHECK! A BIG SHOUT OUT to our partner, **CenCal Health**, for their generous **grant of \$100,000!** These funds are hugely important in helping our organization maintain services to seniors in San Luis Obispo County.



Elias Nimeh, MTC Executive Director receiving a \$100,000 check from Nicole Bennett, CenCal Health Community Relations Specialist

Los Osos Update: "Changing of the Guard"



Rachel hands over the Los Osos keys to new Site Manager Malia!

Our **Los Osos** dining room said farewell to Site Manager, **Rachel Rodriguez** last month. Rachel is going to work at her family's business: **San Luis Obispo Painting**. (www.sanluisobispopainting.com) Join us in wishing her well! It is not really goodbye, since we know we still see her, but we will certainly miss her Monday through Friday! On a happier note, we are very excited that **Malia Neves has accepted**

the position of Site Manager! Malia has been working at the Los Osos site for the last six months so this "Changing of the Guard" went very smoothly! Congratulations Malia!

Spotlight on MTC Volunteers!



We are delighted to introduce you to Diane Maiorano, a longtime volunteer and currently on the Board of Directors as Vice President. Diane started volunteering with the MTC program in 1995, delivering meals to seniors. Diane's 26-year span of volunteering with

MTC demonstrates her passion and commitment to seniors. "Volunteering keeps me active and I like to keep busy. Seniors are always the first to give and the last to receive. I prefer seniors to have more credit." In addition to serving on the Board, Diane also continues to volunteer her time at the Oceano dining room a few days a week. Thank you, Diane, for your many years of faithful service to the senior community and to MTC. We could not do what we do without people like you!

Volunteer News – Wendy Fertschneider, R.D.



For the past year, since all meals were being delivered cold, we focused on keeping cold food cold. Now that dining rooms are open and we are serving hot food, let's review **The Danger Zone!**

Keeping cold food cold and hot food hot is one of the top two things we do to prevent food borne illness. (The other is good personal hygiene). We monitor temperatures of the food at "Critical Control Points" (CCP) from the farmer to table. These CCP include receiving food from vendors, preparing, cooking, chilling, packing, delivering to sites, packaging for home delivery, delivering to the homebound, and serving in the dining rooms.

Monitoring CCP is part of a system called HACCP (Hazard Analysis Critical Control Point). Store that in your file of interesting acronyms! Food must be kept out of **The Danger Zone** which is between 41°F and 135°F. This is the temperature at which bacteria grows rapidly.

For the hot meals served in our dining rooms, our goal is to keep food below 41°F at all times until it is ready to be heated and eaten. **Food should be heated from 41°F to 165°F (the temperature for food that has been previously cooked) quickly.** Once it reaches at least 165°F keep it above 135°F until it is eaten.

For those of you getting your meal delivered at home, follow these rules. 1) If you are not going to heat and eat your meal immediately, keep it in the refrigerator at 41°F or cooler. **2)** When you are ready to eat, heat it quickly and thoroughly! If you don't have a food thermometer, be sure the food is steaming hot. You may need to heat partially, stir, and continue heating. **As volunteers who deliver meals to the homebound, please remind our clients of the 2 rules so their food does not sit out in The Danger Zone.**

Award of Excellence!



Recently a representative from the County of SLO Environmental Health Services Division stopped by our Central Kitchen for an unannounced inspection. **Not only did we "pass" with flying colors, we scored 100%! We earned an Award of Excellence,** presented to facilities that routinely exhibit excellent food safety and

sanitation practices. We also have a Star on the **Eat Safe SLO** map on the County website! www.eatsafeslo.org takes you to an interactive map where you can see how your other favorite food establishments do on their inspections too!



September 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
<p>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</p> <ul style="list-style-type: none"> • Peel back or pierce film to vent. • Oven 350° OR Microwave on HIGH. <ul style="list-style-type: none"> • Frozen in Oven = 30 minutes • Frozen in Microwave = 3-5 minutes. <ul style="list-style-type: none"> • Thawed in Oven = 10 minutes • Thawed in Microwave = 2-3 minutes. 		<p>Fresh Local Fish Vera Cruz Tortilla Parslied Carrots Brussel Sprouts Fruit Cocktail Milk</p>	<p>Chicken Enchilada w/ White Sauce CA Blend Vegetables Homemade Cole Slaw Peaches Milk</p>	<p>Honey Mustard Chicken Salad Crackers Pickled Beets Fresh Tomato Quarters Sliced Pears Milk</p>
6	7	8	9	10
<p><i>CLOSED for Labor Day!</i></p>	<p>Pork Rib Patty w/ BBQ Sauce Graham Crackers Roasted Sweet Potatoes Broccoli Apricot Halves Milk</p>	<p>Albondigas w/ Potatoes & Carrots Corn Tortilla Succotash Zucchini Fresh Apple Milk</p>	<p>Italian Noodle Casserole Italian Blend Vegetables Pickled Beets Honeydew Melon Milk</p>	<p>Chicken Ranch Salad w/ Romaine Wheat Crackers Fresh Tomato Wedges Homemade Carrot Salad Fruit Cocktail Milk</p>
13	14	15	16	17
<p>Hungarian Goulash Capri Blend Vegetables Homemade Cole Slaw Sliced Peaches Milk</p>	<p>Chicken Sandwich w/ Fixins Whole Wheat Bun Baked Potato Green Beans Orange Milk</p>	<p><i>Celebrating September Birthdays!</i> Spaghetti w/ Meat & Marinara Cooked Seasoned Spinach 3 Bean Salad Banana, Birthday Muffin Milk</p>	<p>Chicken Enchilada w/ Red Sauce Pinto Beans Summer Squash Cantaloupe Milk</p>	<p>Tuna Macaroni Salad Homemade Carrot Salad Fresh Tomato Wedges Sliced Pears Milk</p>
20	21	22	23	24
<p>Cheese Ravioli w/ Meat & Marinara Cooked Seasoned Spinach Pickled Beets Mandarin Pineapple Milk</p>	<p>Beef Patty w/ Gravy Graham Crackers Roasted Potato Cubes Broccoli Apricot Halves Milk</p>	<p>Sweet & Sour Chicken Brown Rice Oriental Blend Vegetables Homemade Carrot Salad Orange Milk</p>	<p>Meatballs w/ Gravy Slice of Whole Wheat Bread Mashed Potatoes Green Beans Applesauce Milk</p>	<p>Black Eyed Pea Salad Hard Boiled Egg Wheat Crackers Homemade Cole Slaw Fresh Tomato Wedges Fruit Cocktail Milk</p>
27	28	29	30	
<p>Turkey in Gravy w/ Stuffing Brussel Sprouts Bean Salad Sliced Peaches Milk</p>	<p>Omelet w/ Cheese Blueberry Muffin Baked Potatoes CA Blend Vegetables Sliced Pears Milk</p>	<p>Chicken Enchilada w/ White Sauce Black Beans Tomato Wedges Banana Milk</p>	<p>Breaded Haddock 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
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541 3312 x104		