



October 2022 Menu

Nourishing SLO County seniors with more than just meals.

DO YOU NEED TO CANCEL A MEAL?

WE ASK FOR **TWO DAYS NOTICE** TO CANCEL, SUSPEND and/or RESUME MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken Stew w/ Potatoes & Carrots Crackers Corn 3 Bean Salad Orange Milk	WW Spaghetti in a Marinara Sauce w/ Meat Cauliflower Romaine Salad Diced Pears Milk	Chicken Enchilada w/ Verde Sauce Pinto Beans Broccoli Apricot Halves Milk	Pork Rib Patty Barley Pilaf CA Blend Veggies Tomato Wedges Diced Peaches Milk	Hawaiian Chicken Salad Slice of Bread Carrot Salad Pickled Beets Mixed Fruit Milk
10	11	12	13	14
Chili Beans w/ Meat Crackers Winter Blend Veggies Capri Blend Veggies Fresh Apple Milk	Albondigas w/ Potatoes & Carrots Corn Tortilla Succotash Zucchini Orange Milk	Chicken Ravioli Alfredo Cooked Seasoned Spinach Green Beans Tropical Fruit Blend Milk	Breaded Fish Filet Brown Rice Brussels Sprouts Carrot Salad Banana Milk	Southwest Chicken Salad w/ Tostada, Black Beans & Corn Romaine Lettuce & Tomato Wedges Pineapple Tidbits Milk
17	18	19	20	21
Garbanzo Bean, Meat & Rice Casserole Broccoli Pickled Beets Apricot Halves Milk	Chicken Enchiladas w/ Red Sauce CA Blend Veggies Romaine Salad Diced Pears Milk	<i>Celebrating October Birthdays!</i> Omelet w/ Cheese Cauliflower Fresh Tomato Wedges Diced Peaches Birthday Muffin Milk	Swedish Meatballs Whole Wheat Pasta Carrot Salad Scandinavian Veggies Mixed Fruit Milk	Chinese Chicken Salad Cole Slaw 3 Bean Salad Orange Milk
24	25	26	27	28
Chicken à la King Biscuit Green Beans Pea Salad Tropical Fruit Blend Milk	Chicken Sandwich WW Hamburger Bun Winter Blend Veggies Cole Slaw Applesauce Milk	Cheese Manicotti in Marinara w/ Meat Parslied Carrots Romaine Salad Pineapple Tidbits Milk	Turkey Pieces in Gravy w/ Stuffing Peas Corn Salad Orange Milk	Tuna Salad Slice of Bread Carrot Salad Tomato Wedges Diced Pears Milk
31				
Italian Noodle Casserole Cauliflower 3 Bean Salad Diced Peaches Milk	<p style="text-align: center;">REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN!</p> <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. 			

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, San Simeon	Mon-Fri @ 11:30	Jesse	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
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		