



October 2020



Volunteers—Remember to take meal temperatures daily



Monday	Tuesday	Wednesday	Thursday	Friday
October 5	October 6	October 7	October 8	October 9
Chili Beans w/Meat Crackers Winter Blend Vegetables Corn Mandarins & Pineapple Milk	Chicken Alfredo (pasta) CA blend Vegetables Spinach Salad Sliced Pears Milk	Hamburger w/Fixins WW Bun BBQ Beans Homemade Cole Slaw Sliced Peaches Milk	Chicken Enchilada w/White Sauce (tortilla) Mixed Vegetables Zucchini Orange Milk	Black Eyed Pea Salad w/HB Egg Slice of Bread Homemade Carrot Salad Tomato Wedges Pineapple Tidbits Milk
October 12	October 13	October 14	October 15	October 16
Fish Filet Sandwich WW Bun Parslied Carrots Brussel Sprouts Fresh Apple Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Veg Homemade Cole Slaw Fruit Cocktail Milk	Italian Noodle Casserole (WW Pasta) Cooked Seasoned Spinach Italian Blend Veg Banana Milk	Garbanzo & Beef Casserole (Rice) Broccoli Scandi Blend Vegetables Apricot Halves Milk	Honey Mustard Chicken Salad w/Romaine Crackers Pickled Beets Tomato Wedges Sliced Pears Milk
October 19	October 20	October 21	October 22	October 23
Cheese Ravioli w/ Meat Sauce (Pasta) Cooked Seasoned Spinach Three Bean Salad Pineapple Tidbits Milk	Chicken Enchiladas w/Red Sauce (Tortilla) Cauliflower Homemade Carrot Salad Sliced Peaches Milk	HAPPY BIRTHDAY Omelet w/ Cheese CA Blend Vegetables Stewed Tomatoes Applesauce Milk	Chicken Sandwich WW Bun Baked Potatoes Homemade Cole Slaw Fruit Cocktail Milk	Beefy Taco Salad w/Romaine Tostada Corn Salad Tomato Wedges Orange Milk
October 26	October 27	October 28	October 29	October 30
Turkey Pieces in Gravy Stuffing Mixed Vegetables Pickled Beets Mandarins & Pineapple Milk	Swedish Meatballs WW Pasta Broccoli Homemade Carrot Salad Apricot Halves Milk	Chicken Stew Crackers Green Beans Homemade Cole Slaw Sliced Pears Milk	Spaghetti w/Meat Sauce (WW Pasta) Winter Blend Vegetables Romaine Salad Banana Milk	Tuna Salad Slice of Bread Pea Salad Tomato Wedges Sliced Peaches Milk

Menu item substitutions based on product availability

Cancellations & Reservations

Please call **your Site Manager** to **CANCEL** or **RESUME** your meals
2 BUSINESS DAYS IN ADVANCE

Site Locations:	Serving Time	Site Manager & Assessor	Phone Number
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:45	Jesse/Kat	927-1268
Los Osos	11:30	Rachel	528-6923
Morro Bay Dining Room	11:30	Marilee/Kat	772-4422
Morro Bay/Cayucos Home-Delivery	Call: 772-4422		
Nipomo	12:00	Sandy	929-1066
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:15	David	438-5854
San Luis Obispo Home Delivery	Call: Janine at 543-0469		
Downtown: Anderson Hotel	11:30	Janine	543-0469
Laguna Lake Area: U.C.C. Church	11:30	Les	541-1168
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		