



October 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! <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. 				Asian Chicken Salad w/ Noodles Corn Salad Homemade Carrot Salad Orange
4	5	6	7	8
Chicken Patty w/ BBQ Sauce Barley Pilaf Cauliflower Pickled Beets Fruit Cocktail	Hamburger w/ Fixin's WW Bun BBQ Beans Broccoli Apricot Halves	Italian Noodle Casserole Cooked Spinach Romaine Salad Pineapple	Swedish Meatballs WW Noodles Mixed Vegetables Green Pea Salad Orange	Chef's Salad Romaine, Turkey, Cheese, Egg & Croutons Homemade Carrot Salad Fresh Tomato Wedges Sliced Peaches
11	12	13	14	15
Chili Beans w/ Meat Crackers Herbed Zucchini Homemade Cole Slaw Sliced Pears	Chicken Enchilada w/ Red Sauce Succotash Homemade Carrot Salad Orange	Chicken A La King WW Pasta Brussel Sprouts Romaine Salad Applesauce	WW Spaghetti w/ Meat & Marinara CA Blend Vegetables Three Bean Salad Banana	Tuna Salad Slice of WW Bread Fresh Tomato Wedges Corn Salad Mandarins & Pineapple
18	19	20	21	22
Albondigas w/ Potatoes & Carrots Corn Tortilla Cauliflower Summer Squash Fruit Cocktail	Garbanzoa & Sausage Casserole Parslied Carrots Homemade Cole Slaw Sliced Peaches	<i>Celebrating October Birthdays!</i> Omelet w/ Cheese Blueberry Bday Muffin Baked Potato Wedges Stewed Tomatoes Orange	Turkey Tetrazzini WW Pasta Broccoli Spinach Salad Apricots	Beefy Taco Salad Fresh Tomato Wedges Pickled Beets Sliced Pears
25	26	27	28	29
Pork Rib Patty w/ BBQ Sauce Graham Crackers Sweet Potatoes Brussels Sprouts Fresh Apple	Cheese Ravioli w/ Meat & Marinara Cooked Spinach Italian Blend Vegetables Pineapple	Chicken Enchilada w/ Blanca Sauce Black Beans CA Blend Vegetables Fruit Cocktail	Breaded Haddock Brown Rice Peas Fresh Tomato Wedges Banana	Honey Mustard Chicken Salad Crackers Homemade Carrot Salad Romaine Salad Orange



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	