



November 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Italian Noodle Casserole Cauliflower Zucchini Sliced Peaches Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Vegetables Pea Salad Mandarins & Pineapple Milk	Chicken Sandwich w/ Fixins Whole Wheat Bun BBQ Beans Homemade Cole Slaw Sliced Pears Milk	Beef Patty w/ Gravy Graham Crackers Broccoli Roasted Potatoes & Carrots Sliced Apricots Milk	Black Eyed Pea Salad HC Egg Wheat Crackers Homemade Carrot Salad Romaine Salad Orange
8	9	10	11	12
Hungarian Goulash Brussels Sprouts Pickled Beets Fresh Apple Milk	Tuna Noodle Casserole Homemade Cole Slaw Succotash Fruit Cocktail Milk	Chicken Enchilada w/ Red Sauce Winter Blend Vegetables Homemade Carrot Salad Banana Milk	CLOSED for Veteran's Day	
15	16	17	18	19
Whole Wheat Spaghetti w/Meat & Marinara Cooked Seasoned Spinach Three Bean Salad Pineapple Tidbits Milk	Garbanzo Bean Casserole Brown Rice Cauliflower Summer Squash Sliced Peaches Milk	<i>Celebrating November Birthdays!</i> Chicken Alfredo Broccoli Italian Blend Vegetables Sliced Apricots Birthday Muffin Milk	Meatballs In Gravy Slice of Wheat Bread Roasted Potatoes & Carrots Homemade Cole Slaw Sliced Pears Milk	Chicken Ranch Salad Romaine Lettuce Wheat Crackers Pea Salad Pickled Beets Orange Milk
22	23	24	25	26
Cheese Stuffed Manicotti Marinara w/ Sausage Winter Blend Vegetables Capri Blend Vegetables Applesauce Milk	Breaded Haddock Brown Rice CA Blend Vegetables Homemade Cole Slaw Pineapple Tidbits Milk	Sliced Turkey, Gravy, Cranberry Sauce Stuffing & Mashed Potatoes Green Bean Casserole Tangerines, Dinner Roll Pumpkin Pie Milk	Happy Thanksgiving! <i>We will be CLOSED for the holiday.</i>	
29	30			
Pork Rib Patty Oatmeal Cookies Sweet Potatoes Brussels Sprouts Fruit Cocktail Milk	Chicken Enchiladas w/ White Sauce Broccoli Succotash Sliced Apricots Milk	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. 		



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/Jill	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: 541-2063	