



November 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
	1	2	3	4
	Chicken Enchiladas w/ White Sauce Black Beans Broccoli Apricots Halves Milk	Chicken Lo Mein Zucchini Carrot Salad Fresh Apple Milk	Beef Patty w/ Gravy Graham Crackers Roasted Swt. Potatoes Brussels Sprouts Banana Milk	Black Eyed Pea Salad Hard Cooked Egg Crackers Cole Slaw Pickled Beets Orange Milk
7	8	9	10	CLOSED
Breaded Haddock Brown Rice Capri Blend Veggies Pea Salad Mixed Fruit Milk	Hamburger w/ Bun Carrot Salad Corn Orange Milk	Spaghetti w/ Italian Sauce & Meat Spinach Salad Summer Squash Pineapple Tidbits Milk	Sweet & Sour Meatballs Brown Rice Oriental Blend Veggies Cole Slaw Tropical Fruit Blend Milk	
14	15	16	17	18
Omelet w/ Cheese Biscuit CA Blend Veggies Stewed Tomatoes Diced Pears Milk	Chicken Lo Mein Zucchini Cole Slaw Diced Peaches Milk	Celebrating Chicken Enchiladas w/ Red Sauce Pinto Beans, Broccoli Apricot Halves Birthday Muffin Milk November Birthdays!	Ravioli w/ White Sauce & Chicken Brussels Sprouts 3 Bean Salad Banana Milk	Taco Salad w/ Meat & Beans Tostada Romaine Lettuce Carrot Salad Pickled Beets Orange Milk
21	22	23	CLOSED	CLOSED
Manicotti w/ Red Sauce & Meat Cooked Spinach Italian Blend Veggies Pineapple Tidbits Milk	Swedish Meatballs Winter Blend Veggies Romaine Salad Fresh Apple Milk	Turkey in Gravy Stuffing Mashed Potatoes Glazed Carrots Tropical Fruit Blend Dinner Roll Pumpkin Pie Milk		
28	29	30		
Pork Rib Patty w/ BBQ Sauce Graham Crackers Roasted Swt. Potatoes Corn Mixed Fruit Milk	Chicken Enchilada w/ Verde Sauce Black Beans Cauliflower Diced Pears Milk	Tuna Casserole Scandinavian Blend Veggies Carrot Salad Orange Milk	REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN! • Peel back or pierce film to vent. • Heat in oven at 350° OR Microwave on HIGH. • Frozen in Oven = 30 minutes, Frozen in Microwave = 3-5 minutes, Thawed in Oven = 10 minutes, thawed in Microwave = 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/Nancy	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	Mon-Fri @ 11:30	Milda	541-1168
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		