



December 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
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. 			Italian Noodle Casserole Broccoli Summer Squash Apricot Halves Milk	Honey Mustard Chicken Salad Wheat Crackers Pea Salad Cole Slaw Diced Peaches Milk
5	6	7	8	9
Meatballs w/ Gravy Graham Crackers Baked Potatoes Zucchini Tropical Fruit Blend Milk	Scrambled Egg Patty w/ Cheese Slice of WW Bread Roasted Potatoes & Carrots Stewed Tomatoes Applesauce Milk	Marinara w/ Meat Sauce WW Pasta Cooked Seasoned Spinach Romaine Salad Banana Milk	Chicken Sandwich WW Bun Parslied Carrots Cole Slaw Pineapple Tidbits Milk	Chicken Stew w/ Potatoes & Carrots Crackers CA Blend Veggies Capri Blend Veggies Pears Milk
12	13	14	15	16
Enchilada w/ White Sauce Seasoned Pinto Beans Mixed Veggies Fruit Mix Milk	Breaded Haddock Brown Rice Broccoli Three Bean Salad Apricot Halves Milk	Chicken Lo Mein Cauliflower Peas Diced Peaches Milk	Ravioli w/ Alfredo Sauce Winter Blend Veggies Scandinavian Blend Veggies Fresh Apple Milk	Chicken Ranch Salad Romaine Lettuce, Croutons Corn Salad Pickled Beets Orange Milk
19	20	21	22	23
Chicken a la King Biscuit Green Beans Succotash Tropical Fruit Blend Milk	Cheese Manicotti w/ Marinara Italian Veggie Blend Cooked Seasoned Spinach Pineapple Tidbits Milk	<i>Celebrating</i> Chili Beans w/ Meat CA Blend Veggies Homemade Carrot Salad Diced Peas Birthday Muffin Milk <i>December Birthdays!</i>	Sweet & Sour Meatballs Brown Rice Oriental Blend Veggies Cole Slaw Banana Milk	Ham w/ Cranberry Glaze Dinner Roll Scalloped Potatoes Corn w/ Peppers Pineapple Cup Apple Pie Milk
CLOSED	27	28	29	30
	Pork Rib Patty Graham Cracker Roasted Sweet Potatoes Cauliflower Orange Milk	Hot Tuna Casserole Brussels Sprouts Zucchini Diced Peaches Milk	Chicken Enchilada w/ Red Sauce & Meat Black Beans Broccoli Apricot Halves Milk	Black Eyed Pea Salad HB Egg Crackers Pickled Beets Cole Slaw Fruit Mix Milk

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	Mon-Fri @ 11:30	Milda	541-1168
San Luis Obispo Administrative Office: 541-3312	Central Kitchen: 541-2063 or 541-3312 ext. 104		