



# October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Tamale Pie Corn Grits Topping Winter Blend Veggies Brussel Sprouts Sliced Pears Milk	Meatballs in BBQ Sauce Rice Corn Homemade Cole Slaw Applesauce Milk	Tuna Noodle Casserole Green Beans Herbed Carrots Mandarins & Pineapple Milk	Southwest Chicken Salad Romaine Lettuce & Tostada Cilantro Cole Slaw Tomato Quarters Fruit Cocktail Milk
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Pork Rib Patty Barley Pilaf Mixed Veggies Pickled Beets Orange Milk	Beef Patty w/ Stroganoff Sauce Whole Wheat Pasta Peas Fresh Tomato Wedges Pineapple Tidbits Milk	Cheese Enchilada Chicken and White Sauce Broccoli Succotash Apricot Halves Milk	Meat and Cheese Lasagna Cooked Seasoned Spinach Italian Blend Veggies Mixed Fresh Berries Milk	Asian Chicken & Noodle Salad Broccoli Slaw Homemade Carrot Salad Banana Milk
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Breaded Haddock Brown Rice Florentine CA Blend Veggies 3 Bean Salad Sliced Peaches Milk	Chili Beans w/ Meat Crackers Cauliflower Corn Sliced Pears Milk	 Omelet w/ Cheese Parslied Carrots Tomato Wedges Applesauce Milk Birthday Muffin	Oven Fried Chicken Leg Slice of Wheat Bread Yam and Apple Casserole Scandinavian Blend Veggies Mandarins & Pineapple Milk	Hawaiian Chicken Salad Dinner Roll Homemade Cole Slaw Pickled Beets Fruit Cocktail Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Sweet & Sour Meatballs Brown Rice Asian Veggie Blend Asian Cole Slaw Fresh Apple Milk	Whole Wheat Spaghetti w/ Meat & Marinara Sauce Cooked Seasoned Spinach Romaine Salad Banana Milk	Turkey Goulash Pasta Broccoli Summer Squash Apricot Halves Milk	Cheese Enchilada w/ Chicken in Red Sauce Pinto Beans Homemade Carrot Salad Orange Milk	Beefy Taco Salad w/ Romaine lettuce Tostada Tomato Wedges Corn Salad Sliced Peaches Milk
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>November 1</b>
Cheese Ravioli Meat & Marinara Sauce Winter Blend Veggies Pea Salad Sliced Pears Milk	Turkey Pieces in Gravy Stuffing Parslied Carrots Romaine Salad Mandarins & Pineapple Milk	Beef Burger with Fixins Whole Wheat Bun Green Beans Homemade Cole Slaw Applesauce Milk	Meatballs in Gravy Mashed Potatoes CA Blend Veggies Fruit Cocktail Oatmeal Cookie Milk	Tuna Salad Slice of Bread Tomato Wedges Spinach Salad Orange Milk

## 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	<b>466-2317</b>
Cambria	11:45	Jesse/Doris	<b>927-1268</b>
Los Osos	11:30	Rachel	<b>528-6923</b>
Morro Bay Dining Room	11:30	Marilee/ Kat	<b>772-4422</b>
Morro Bay/Cayucos Home-Delivery	Call: 772-3110		
Nipomo	12:00	Sandy	<b>929-1066</b>
Arroyo Grande, Grover Beach, Pismo Beach, Oceano	11:30	Debbie	<b>489-5149</b>
Paso Robles	11:30	Marlene	<b>238-4831</b>
Santa Margarita	11:15	David	<b>438-5854</b>
San Luis Obispo Home Delivery	Call: Janine at 543-0469		
Downtown: Anderson Hotel	11:30	Janine	<b>543-0469</b>
Laguna Lake Area: U.C.C. Church	11:30	Les	<b>541-1168</b>
San Luis Obispo Main Office: 541-3312	Central Kitchen: 541-2063		