



November 2023 Menu

www.mealsthatconnect.org

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
		Chicken Enchiladas w/ Verde Sauce Black Beans Winter Veggie Blend Tropical Fruit Blend Milk	Turkey Pieces w/ Gravy Stuffing Peas Carrot Salad Tropical Fruit Blend Milk	Southwest Chicken Salad w/ Black Beans, Corn, & Romaine Tostada Coleslaw Pickled Beets Fresh Apple Milk
6	7	8	9	10
Meatballs w/ BBQ Sauce Brown Rice Coleslaw Summer Squash Orange Milk	Chicken Patty w/ Parmesan Whole Wheat Pasta Cauliflower Three Bean Salad Applesauce Milk	Tuna Noodle Casserole Winter Veggie Blend Carrot Salad Pineapple Bits Milk	Chili Beans w/ Meat Crackers Broccoli Corn Apricot Halves Milk	Closed for Veteran's Day. If you need a meal please contact your site manager.
13	14	15	16	17
Omelet w/ Cheese Whole Wheat Bread Roasted Potato Cubes Stewed Tomatoes Diced Pears Milk	Chicken Enchilada w/ White Sauce Pinto Beans California Veggie Blend Diced Peaches Milk	Celebrating Cheese Manicotti w/ Mushroom Sauce Seasoned Spinach Italian Veggie Blend Banana Birthday Muffin September Birthdays!	Hamburger Whole Wheat Bun Capri Veggie Blend Coleslaw Tropical Fruit Blend Milk	Chef's Salad w/ Turkey, Cheese, Egg, & Romaine Crackers Pea Salad Carrot Salad Orange Milk
20	21	22	23	24
Breaded Haddock Brown Rice Peas Coleslaw Fresh Apple Milk	Cheese Ravioli w/ Marinara Sauce Broccoli Succotash Apricot Halves Milk	Turkey w/ Gravy & Stuffing Mashed Potatoes Sicilian Veggie Blend Tropical Fruit Blend Dinner Roll Pumpkin Pie Milk	Closed for Thanksgiving. If you need a meal please contact your site manager.	Closed for Thanksgiving. If you need a meal please contact your site manager.
27	28	29	30	1
Pork Rib Patty Graham Crackers Sweet Potatoes Brussel Sprouts Diced Pears Milk	Albondigas w/ Potatoes & Carrots Corn Tortilla Green Beans Coleslaw Diced Peaches Milk	Italian Noodle Casserole Seasoned Spinach Romaine Salad Banana Milk	Chicken Enchilada w/ Red Sauce Black Beans Cauliflower Pineapple Bits Milk	Black Eyed Pea Salad w/ Egg Crackers Carrot Salad Pickled Beets Tropical Fruit Blend Milk

CONTACT US			
**Dining Rooms & Service Areas Open for inperson dining Monday - Friday. Call your site manager to reserve your meal!	Serving Days/Time	Site Manager	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Jill	466-2317
** Cambria, San Simeon	Mon-Fri @ 11:30	Jesse	927-1268
** Los Osos	Mon-Fri @ 11:30	Courtney/Don	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
** San Luis Obispo	Mon-Fri @ 11:30	Chava/Ruth	543-0469
	Mon-Fri @ 11:30	Milda: Congregate Dining	541-1168
San Luis Obispo Administrative Office: (805) 541-3312 www.mealsthatconnect.org			