



January 2024 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	4	5
Closed for the New Year's Holiday. If you need a meal please contact your site manager.	Cheese Manicotti w/ Marinara Sauce Seasoned Spinach Summer Squash Pineapple Milk	Swedish Meatballs Noodles Scandinavian Veggie Blend Pickled Beets Mandarin Oranges Bits Milk	Garbanzo Rice Casserole Broccoli Tuscan Veggie Blend Apricot Halves Milk	Tuna Noodle Casserole Parslied Carrots Coleslaw Diced Peaches Milk
8	9	10	11	12
Chicken Enchilada w/ Red Sauce Cauliflower Cannelini Beans Fresh Red Apple Milk	Hamburger w/ Fixings Whole Wheat Bun Baked Potatoes Coleslaw Diced Pears Milk	Chicken Stew Biscuit Brussel Sprouts Romaine Salad Banana Milk	Italian Noodle Casserole California Veggie Blend Zucchini Orange Milk	Asian Chicken Salad w/ Noodles Carrot Salad Three Bean Salad Tropical Fruit Blend Milk
15	16	17	18	19
Closed for the Martin Luther King Jr. Holiday. If you need a meal please contact your site manager.	<i>Celebrating</i> Omelet w/ Cheese Birthday Muffin Roasted Cubed Potatoes Stewed Tomatoes Diced Peaches Milk <i>January Birthdays!</i>	Albondigas w/ Potato & Carrot Corn Tortilla Succotash Green Beans Tropical Fruit Blend Milk	Cheese Ravioli w/ Meat Marinara Sauce Italian Veggie Blend Cooked Seasoned Spinach Pineapple Milk	Breaded Haddock Brown Rice Broccoli Coleslaw Apricot Halves Milk
22	23	24	25	26
Whole Wheat Spaghetti w/ Meat Marinara Sauce Cauliflower Pickled Beets Applesauce Milk	Chicken Enchilada w/ Verde Sauce Pinto Beans Parslied Carrots Orange Milk	Chicken Sandwich Whole Wheat Bun Baked Beans Winter Veggie Blend Banana Milk	Chicken Lo Mein Asian Veggie Blend Coleslaw Mixed Fruit Blend Milk	Turkey Pieces w/ Gravy Stuffing Mixed Veggie Blend Carrot Salad Diced Pears Milk
29	30	31	1	2
Chili Beans w/ Meat Wheat Crackers California Veggie Blend Corn Diced Peaches Milk	Pork Rib Patty Graham Crackers Sweet Potatoes Brussel Sprouts Orange Milk	Sweet & Sour Meatballs Brown Rice Broccoli Peas & Carrots Apricot Halves Milk	Cheese Manicotti w/ Marinara Sauce Seasoned Spinach Summer Squash Banana Milk	Tuna Salad Whole Wheat Bread Carrot Salad Three Bean Salad Pineapple Bits Milk

CONTACT US

**Dining Rooms & Service Areas <i>Open for in-person dining Monday - Friday. Call your site manager to reserve your meal!</i>	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	Christi/Ruth	543-0469
	Mon-Fri @ 11:30	Milda: Congregate Dining	541-1168
San Luis Obispo Administrative Office: (805) 541-3312 www.mealsthatconnect.org			