



# February 2025 Menu

[www.mealsthatconnect.org](http://www.mealsthatconnect.org)

\*Indicates Whole Grain Product

All meals contain whole grain and are served with milk.

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
3	4	5	6	7
<b>Chicken Alfredo</b> (WW Pasta*) Italian Blend Veg Coleslaw Fresh Apple	<b>Tamale Verde</b> (made with beef) Graham Cracker* Capri Blend Veg Corn Fresh Orange	<b>Hamburger</b> (made with beef,soy) (WW Bun*) Brussels Sprouts Tuscan Blend Veg Applesauce	<b>Tuna Casserole</b> (WW Pasta*) Italian Blend Veg Seasoned Spinach Mixed Fruit Cup	<b>Meat Sauce with Ravioli*</b> (Turkey) Broccoli Yellow Squash Apricots
10	11	12	13	14
<b>Omelette w/Cheese WW Bread</b> Stewed Tomatoes (Croutons on the side) Roasted Potato Fresh Orange	<b>Sweet and Sour Meatballs</b> (Chicken, turkey, beef) Brown rice* Mandarin Blend Veg Coleslaw Fresh apple	<b>Enchilada Roja</b> (Chicken & Soy) (Tortilla*) Pinto Beans Cauliflower Tropical Fruit Cup	<b>Chickpea Casserole</b> (Turkey) Brown Rice* Winter Blend Peas Pineapple Cup	<b>Tuna Macaroni Salad</b> (WW Pasta*) Carrot Salad Three Bean Salad Mandarin Cup <i>Happy Valentine's Day</i>
17	18	19	20	21
<b>White Chicken Chili</b> WW Crackers* Seasoned Carrots Corn Pineapple Cup	<b>Pork Rib Patty</b> WW Biscuit* Sweet Potato Brussels Sprouts Fresh Apple	<b>Sloppy Joe's</b> (Turkey, Beef) WW Bun* Scandinavian Blend Veg Broccoli Diced Peaches	<i>Celebrating</i> <b>Tamale Rojo</b> (Beef) Corn Cauliflower Apricots Birthday Muffin <i>February Birthdays!</i>	<b>Chicken Lo Mein</b> (WW Spaghetti*) 4 Way Blend Veg Coleslaw Mixed Fruit Cup
24	25	26	27	28
<b>Enchilada Verde</b> (Chicken Soy) (Tortilla*) Chuckwagon Corn California Blend Diced Peaches	<b>Swedish Meatballs</b> (Chicken,Turkey,Beef) Brown Rice* Seasoned Spinach Pea Salad Fresh Orange	<b>Red Chili</b> (Turkey,Beef) WW Crackers* California Blend Veg Corn Mixed Fruit Cup	<b>Meatballs w/ Marinara</b> (Chicken,Turkey,Beef) WW Spaghetti* Green Bean Carrot Salad Fresh Orange	<b>Taco Salad</b> (Turkey) Tostada* Romaine Salad Corn Salad Mandarin Cup
<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN</b> -Peel back or pierce film to vent -Heat in oven at 350 degrees 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 <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	(805) 466-2317
** Cambria, San Simeon	Mon-Fri @ 11:30	Robert	(805) 952-2843
** Los Osos	Mon-Fri @ 11:30	Kellie P.	(805) 528-6923
** Morro Bay, Cayucos	Mon-Fri @ 11:30	Kat	(805) 772-4422
** Nipomo	Mon-Fri @ 11:30	Carmelita	(805) 929-1066
** Oceano, Arroyo Grande, Grover Beach, Pismo Beach, Shell Beach	Mon-Fri @ 11:30	Debbie	(805) 489-5149
** Paso Robles	Mon-Fri @ 11:30	Marlene	(805) 238-4831
** Santa Margarita	Mon & Wed @ 11:30	Becky	(805) 952-2845
** San Luis Obispo	Mon-Fri @ 11:30	Kelly H.	(805) 543-0469
<b>265 South Street Suite B, San Luis Obispo, CA 93401</b> Main Office Phone: 805-541-3312 Website: mealsthatconnect.org		Milda: Congregate Dining	(805) 541-1168



February 2025

# Food For Thought!

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## Executive Director's Corner

### A Heartfelt Thank You: Your Generosity is Transforming Lives!

Thanks to your unwavering generosity during our **2024 Fall Appeal Campaign**, we surpassed our goal by an astounding 40%, raising **\$125,000!** These funds are already making a profound difference.

Together we've **increased our meal service by 10% compared to last year**, and we continue to welcome new clients every day. This February, the month of love, we want to shine a spotlight on our remarkable volunteers. We are truly honored to be part of such a compassionate community. In Fiscal Year 2023-24, over **400 volunteers** dedicated an astounding **22,522 service hours**, contributing an incredible **\$371,613 in in-kind value!** Your support is making an extraordinary impact. Together, we are meeting the growing needs of our senior neighbors with love, compassion, and nourishment.

With Gratitude,

*Laura Kelsay-Edwards*  
Executive Director



## Client Connection

### The Love of marriage,

Richard and I met at Agape Church 27 years ago. I thought Richard was not available. Later, one of his friends told me that Richard was available and that I should drop all the men that I was dating and go out with just Richard and I did. It's **been a match made in heaven**. He asked me to **marry him pretty much right away** so in August 14, 1999 we got married.

August 14, 2024 we renewed our vows and **celebrated our 25th anniversary**. We have been living a very happy life.

-Richard & Debra Rhoades



Meals That Connect would like to thank the following organizations for their continued support of our program!



## Volunteer News – Barbara Horne, R.D,CSG Accident Prevention & First Aid

### Volunteer Safety: Key Tips

By staying alert and following these safety practices, you help create a safe, efficient environment for everyone. Thank you for supporting our mission to serve seniors safely!



### Delivery Drivers : Stay safe on the Road!

When delivering meals, your focus and safety matter! Here's how you can stay accident-free:

**Avoid distractions:** Resist the urge to check route sheets, GPS, or search for addresses while driving.



**Follow the rules of the road:** Obey all traffic laws and drive defensively.



**Be our ambassador:** You represent **Meals That Connect** when you're behind the wheel—**set a great example!**



**Pause when needed:** Need to check directions or find an address? No problem—just pull over to a safe spot before doing so.



### Kitchen Volunteers

Practice these safety basics:

- Inspect your workspace for hazards before starting.
- Keep areas clean, organized, and well-lit
- **Report unsafe conditions** or near-miss incidents to your supervisors.
- Use proper lifting techniques or get help for heavy items.



### First Aid Essentials

#### For Burns:

Run cool water over area of burn for 20 seconds.



**For serious injuries:** Seek medical help immediately.

CALL 911 if you:

HAVE AN EMERGENCY	WITNESS A CRIME IN ACTION	HAVE DIFFICULTY BREATHING
HAVE A MENTAL HEALTH CRISIS	NEED IMMEDIATE FIRE ASSISTANCE	REQUIRE MEDICAL HELP

### For Cuts:



Apply direct pressure on external wounds with sterile cloth or your hand, maintaining pressure until bleeding stops

### Know your Resources:



## Help us Reach 1,000 Valentines for Seniors!



How You Can Help:

- ♥ Create handmade valentines with heartfelt messages and cheerful designs.
- ♥ Get your group involved! Perfect for classrooms, offices, clubs, or families.
- ♥ Deliver your valentines to our main office: 265 South St., Suite B, San Luis Obispo **Monday-Friday 9am-4pm**
- ♥ **Deadline:** All valentines must be dropped off by **Friday, February 7th**. Email **Michael Coyne** for additional info: [outreach.intern@mealsthatconnect.org](mailto:outreach.intern@mealsthatconnect.org)

