



January 2025 Menu

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
		1	2	3
REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN -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		Closed for New Year 	Chicken a la King Green Beans Seasoned Spinach Pineapple Tidbits Oatmeal Cookie*	Tuna Noodle Casserole* Broccoli Italian Blend Veggies Apricots (WW noodles*)
6	7	8	9	10
Enchilada Roja (Chicken) Corn Tortilla* Cauliflower Cannelini Beans Applesauce	Hamburger with Fixins (Beef, Soy) WW Bun* Winter Blend Veggies Coleslaw Pineapple Cup	Turkey with Stuffing & Gravy WW Roll* Mixed vegetables Carrot Salad Mixed Fruit	Meatloaf with Gravy (Beef) WW Dinner Roll* Baked Potato California Blend Vegetables Banana	Asian Chicken Salad with Noodles WW Noodles* Carrot Salad Three Bean Salad Mixed Fruit
13	14	15	16	17
Cheese Ravioli w/Meat Sauce* (Turkey) Seasoned Spinach Capri Blend Vegetables Pineapple Cup	Omelette with Cheese (vegetarian) WW Bread* Roasted Cubed Stewed Potatoes Apricot halves	Albondigas w/Potatoes & Carrots (Chicken, Turkey, Beef) Corn Tortilla* California Blend Vegetables Green Beans Tropical Fruit Cup	Spaghetti w/meat Sauce (Turkey) WW Spaghetti* Cauliflower Pickled Beets Applesauce	Breaded Fish Brown Rice* Broccoli Coleslaw Apricot Halves
20	21	22	23	24
Closed for Martin Luther King Jr 	<i>Celebrating</i> Enchilada Verde (Chicken) Tortilla* Pinto Beans Broccoli Pineapple Cup Birthday Muffin <i>January Birthdays!</i>	Chicken Sandwich (WW bun*) Coleslaw Succotash Banana	Hamburger Stroganoff Brown rice* Three bean salad Seasoned carrots Fresh orange	Tamale with Red Sauce (Beef) Graham Cracker* Broccoli Capri Vegetables Fresh Apple
27	28	29	30	31
Chili Beans (Beef) WW Crackers* Winter Blend Vegetables Corn Diced Peaches	Pork Rib Patty Graham Crackers* Sweet Potatoes Brussels Sprouts Tropical Fruit	Sweet & Sour Meatballs Brown Rice* Broccoli Peas & Carrots Apricot Halves	Cheese Manicotti w/ Meat Sauce (Turkey) California Blend Vegetables Summer Squash Fresh Banana	Tuna Salad WW Bread* Carrot Salad Three Bean Salad Pineapple Cup

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
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