



# September 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
1	2	3	4	5
Closed for Labor Day! 	Chicken Stew Chuckwagon Corn Broccoli WW Roll* Fresh Apple	Tamale Verde (chicken) Summer Squash Brussels Sprouts Graham Cracker* Mixed Fruit Cup	Turkey with Gravy Stuffing Broccoli Green Beans Peach Cup WW Roll*	Hawaiian Chicken Salad Spring Mix Corn Salad + Dressing WW Crackers* Fresh Orange
8	9	10	11	12
Omelette with Cheese Roasted Potatoes Stewed Tomaotes WW* Bread Fresh Orange	Chicken Enchilada Roja Broccoli Seasoned Carrots Cheese-Its Crackers* Fresh Apple	Meatloaf (beef) with Gravy Green Beans Corn WW Bread* Fresh Orange	Chicken Alfredo with Broccoli WW Pasta* Cauliflower Mandarin Cup	Chef Salad (Turkey, Egg, Cheese) Spring Mix Pea Salad Graham Crackers* Fresh Banana
15 	16	17	18	19
Barbacoa Bowl (pork) Brown Rice* Asian Blend Veggies Chuckwagon Corn Tropical Fruit Cup	BBQ Pork Patty WW Bun* Roasted Potatoes Coleslaw Fresh Orange	<i>Celebrating</i> Vegetarian Chili Green Beans Seasoned Zucchini Pineapple Cup Birthday Muffin!* <i>September Birthdays!</i>	Chicken Teriyaki Brown Rice* Seasoned Zucchini Cauliflower Apricots	Cilantro Lime Ranch Chicken Salad Romaine Carrot Salad Graham Crackers* Pineapple Cup
22 	23	24	25	26
General Tso Chicken Brown Rice* Mandarin Blend Veggies Broccoli Mandarin Cup	Hamburger with Fixins (Beef & Soy) WW Bun* Carrot Salad California Blend Veggies Fresh Orange	Lemon Chicken Brown Rice* Tuscan Blend Veggies Cauliflower Fresh Apple	Fish Fillet with Tartar Sauce WW Bun* Sweet Potatoes Sicilian Blend Veggies Apricots	Asian Chicken Salad WW Egg Noodles* Spring Mix Broccoli Slaw Fresh Banana
29 	30	<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		
Chicken Marsala WW Pasta* Italian Blend Veggies Tuscany Blend Veggies Pineapple Cup and Graham Cracker*	Swedish Meatballs (chick, turk, beef, soy) Brown Rice* Cauliflower Seasoned Carrots Fresh Apple			

CONTACT US			
**Dining Rooms & Service Areas <i>Open for in-person dining Monday - Friday from 11:30pm-12:30pm. 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 ( 7 Frozen meal deliveries only)	Mon-Fri @ 11:30	Robert	(805) 952-2843
Los Osos ( In person dining on Friday's)	Mon-Fri @ 11:30	Kellie P.	(805) 528-6923
** Morro Bay, Cayucos	Mon-Fri @ 11:30	Robert	(805) 772-4422
** Nipomo	Mon-Fri @ 11:30	Monica	(805) 929-1066
** Oceano, (Five Cities)	Mon-Fri @ 11:30	Whitney	(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	Carmelita	(805) 543-0469
265 South Street Suite B, San Luis Obispo, CA 93401 Main Office Phone: 805-541-3312 Website: mealsthatconnect.org		Milda: Congregate Dining	(805) 541-1168



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# Food For Thought!

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

## Executive Director's Corner

### Delivering flowers right at your doorstep

Meals that Connect is partners with FloraCycle, who retrieves, rearranges, and repurposes event flowers into small arrangements and deliver them directly to senior assisted living centers, non-profit service providers, and skilled nursing facilities.

Every so often you may be given some flowers with your meals just to brighten up your day! We love seeing you smile when we deliver you a little extra something special.



### From fair auction to your plate

Meals that Connect got a delivery from the 37<sup>th</sup> buyers coalition, unloading 18 boxes of lamb – **weighing almost 500 lbs!**

Lexus spent months raising her lamb for the fair and said that this experience has been regarding to see her project through all the way and to have it feed seniors in the community means so much.



## Volunteer News – Barbara Horne, R.D,CSG



### Prevention of Foodborne Illness & HACCP Principles

#### Cleanliness Helps Prevent Foodborne Illness

- Clean: Wash hands and surfaces often.
- Separate: Don't cross-contaminate
- Cook: Cook to proper temperatures
- Chill: Refrigerate properly

**Wash hands** with warm, soapy water for 20 seconds!!



#### HACCP (Hazard Analysis and Critical Control Point)

- Keep it clean – wash hands, surfaces, and utensils often.
- Cook it right – make sure food reaches safe temperatures.
- Store it safe – refrigerate or freeze food promptly.

### We are so grateful to Debbie for her dedication as the Oceano Site Manager

— she will be truly missed! Taking over the role is **Whitney, who has been a caregiver since 19 and has over 20 years of food service experience.** She joined Meals That Connect in April, trained in San Luis Obispo, and worked alongside Debbie before her retirement. Whitney shares, "I love the clients in Oceano — they make every day enjoyable, and I'm excited to be here!"



Whitney | Oceano site Manager

# TICKETS ON SALE NOW!

[SLOPICKLEFESTIVAL.ORG](http://SLOPICKLEFESTIVAL.ORG)

# SLO PICKLE FESTIVAL

UNLIMITED BITES, SIPS, & LIVE MUSIC  
FREE PARKING AND BIKE VALET  
LAGUNA LAKE PARK - SLO  
21+ EVENT



OCTOBER  
4TH  
1-4PM

OR 12-4PM  
WITH VIP  
EARLY ACCESS!

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

