



# November 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

| REHEATING INSTRUCTIONS:<br>DO NOT USE A TOASTER OVEN   |   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|--|---|--|---|---|
| -Peel back or pierce film to vent<br>-Heat in oven at 350 degrees OR Microwave on HIGH<br>-Frozen in Oven+30 minutes Frozen in Microwave= 3-5 minutes<br>-Thawed in Oven = 10 minutes, thawed in Microwave = 2-3 minutes |   | 29   | 30  | 31  |
|  |   | <b>Turkey Jambalaya</b><br>Brown Rice*<br>Seasoned Zucchini<br>Broccoli Slaw<br>Peaches  | <b>Chicken Chowmein w/ Noodles*</b><br>Green Beans<br>Coleslaw<br>WW Dinner Roll<br>Pineapple                       | <b>Hamburger Stroganoff</b><br>WW Pasta<br>Peas<br>Carrot Salad<br>Fresh Strawberries             |
| 3  | 4   | 5  | 6   | 7   |
| <b>Shepherd's Pie (beef)</b><br>Mashed Potatoes w/ Cheese<br>4-way Vegetable Blend<br>WW Bread*<br>Mixed Fruit Cup   | <b>Vegetarian Chili</b><br>California Vegetable Blend<br>Corn<br>Brown Rice*<br>Mandarin Cup                  | <b>Hamburger w/ Fixins</b><br>WW Bun*<br>Roasted Potatoes<br>Winter Vegetable Blend<br>Applesauce  | <b>Tuna Noodle Casserole (WW Noodles*)</b><br>Italian Vegetable Blend<br>Peas<br>Pineapple Cup                      | <b>BBQ Pork Patty</b><br>WW Bun*<br>Roasted Corn Blend<br>Cauliflower<br>Papaya Cup               |
| 10   | 11  | 12   | 13  | 14  |
| <b>Closed for Veterans Day!</b><br>  | <b>Chicken Tikka Masala!</b><br>Brown Rice*<br>Scandinavian Vegetable Blend<br>Carrot Salad<br>Mango Cup      | <b>Manicotti w/ Meat Sauce (Turkey &amp; Pork)</b><br>California Gold Blend Veggies<br>Brussels Sprouts<br>WW Bread*<br>Applesauce                                       | <b>Omelette w/ Cheese</b><br>Roasted Potatoes<br>Stewed Tomatoes<br>Graham Cracker*<br>Tropical Fruit Mix           | <b>Turkey Fried Rice</b><br>Broccoli Slaw<br>Sicilian Vegetable Blend<br>WW Roll*<br>Mandarin Cup |
| 17   | 18  | 19   | 20  | 21  |
| <b>Seasoned White Beans</b><br>WW Biscuit*<br>Mediterranean Vegetable Blend<br>Coleslaw<br>Apricots  | <b>Italian Noodle Casserole (Turkey) (WW Noodles*)</b><br>Green Peas<br>Seasoned Spinach<br>Mango Cup         | <i>Celebrating</i><br><b>Chicken a la King w WW Roll*</b><br>Sicilian Vegetable Blend<br>Tuscany Veg Blend<br>Birthday Muffin<br>Fruit Cup<br><i>November Birthdays!</i> | <b>Albondigas (Turkey, Beef)</b><br>Corn Tortilla*<br>Zucchini<br>Black Beans w/ Roasted Corn<br>Pineapple Cup      | <b>Chicken Alfredo (WW Pasta*)</b><br>Winter Vegetable Blend<br>Seasoned Carrots<br>Peach Cup     |
| 24   | 25  | 26   | 27  | 28  |
| <b>Chickpea Rice Casserole!</b><br>Brussels Sprouts<br>4-Way Vegetable Blend<br>WW Biscuit*<br>Mandarin Cup  | <b>Sweet &amp; Sour Meatballs (Turkey &amp; Beef)</b><br>WW Bread*<br>Broccoli<br>Chuckwagon Corn<br>Pear Cup | <b>Turkey w/ Gravy &amp; Stuffing</b><br>WW Roll*<br>Peas & Carrots<br>Sweet Potatoes<br>Papaya & Mango Cup  | <div style="border: 1px solid black; padding: 10px; display: inline-block;"> <b>Closed For Thanksgiving!</b> </div> |   |

## CONTACT US

| **Dining Rooms & Service Areas<br><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 Host | Phone Number   |
|---|-------------------|-----------|----------------|
| ** Atascadero, Templeton  | Mon-Fri @ 11:30   | Jill      | (805) 466-2317 |
| Cambria, San Simeon   | Tues&Thur @ 11:30 | Crystal   | (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   | Doug      | (805) 543-0469 |
| <b>265 South Street Suite B, San Luis Obispo, CA 93401</b><br>Main Office Phone: 805-541-3312 Website: <a href="http://mealsthatconnect.org">mealsthatconnect.org</a> |                   |           |                |



November 2025

Food For Thought!



www.mealsthatconnect.org



### Upcoming Holiday Closures

- November 10th (Observed) - (Veterans Day)
  - November 27<sup>th</sup> - 28<sup>th</sup> - (Thanksgiving)
  - December 25<sup>th</sup> (Christmas)
  - December 26<sup>th</sup> - January 2<sup>nd</sup>
- Resume Service on Monday January 5th.



### Thanksgiving Meal Opportunities (November 27, 2025)

- **Thanksgiving by Paso Robles:** (Centennial Park Activity Center, 600 Nickerson Road, Paso Robles.) Dining service 12 -2pm, Pick up meals 3 - 4pm.
- **Cambria Community Thanksgiving Dinner.** Cambria Veterans Memorial Hall, 1000 Main Street, Cambria. When: 11:30 a.m. to 3:30 p.m.
- **Morro Bay Community Center.** 1001 Kennedy Way, Morro Bay. When: 1 p.m. to 3 p.m.

### VOTE FOR MEALS THAT CONNECT!



Meals that Connect has been nominated for **BEST OF CENTRAL COAST**

Go to [votecentralcoast.com](http://votecentralcoast.com) to vote us for best **NON PROFIT** and **PLACE TO VOLUNTEER**

### International Fraud Awareness Week (Nov 16<sup>th</sup> - 22<sup>nd</sup>)

Tried and True Tips for Seniors and Their Caregivers:

- Never send money to anyone you don't know, met online, or have not met in person
- Double-check with someone you trust before taking action
- Avoid clicking on links in unfamiliar emails or texts
- If it sounds too good to be true, it probably is
- Don't give remote access to your computer or pay any fees
- Appoint trusted family members to help oversee your accounts and financial decisions
- If you have been scammed, report what happened to the authorities



Five Most Common Financial Scams Impacting Older Adults and Their Families according to the FBI:

1. Governmental Impersonation Scams
2. Sweepstakes and Lottery Scams
3. Robocalls and Phone Scams
4. Computer Tech Support Scam
5. The Impersonating a Grandchild Scam

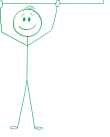


### Volunteer News – Barbara Horne, R.D,CSG Accident Prevention and Lifting Safely

Slips, Trips, and Falls:

- Keep floors clean and dry
- Maintain a clutter-free environment
- Use slip-resistant shoes and mats

SAFETY FIRST



Burns:

- **Use appropriate personal protective equipment:** Provide and ensure the use of oven mitts, pot holders, and aprons.
- **Handle hot items safely:** Turn pot handles inward, avoid reaching over hot surfaces, and uncover steaming containers away from the face.
- **Maintain equipment properly:** Ensure proper ventilation and fire suppression systems are functioning correctly.

Cuts:

- **Use sharp knives and stable cutting boards:** Cut away from the body, use proper knife techniques, and store knives safely.
- **Handle broken glass and dishware with care:** Use gloves and proper disposal methods.

Electrical Safety:

- **Keep electrical equipment dry:** Avoid contact with water and ensure proper grounding.
- **Report faulty equipment immediately:** Address any electrical hazards promptly.

Lifting and Handling:

- **Use mechanical aids:** Utilize hand trucks, dollies, and other devices for moving heavy items.
- **Lift with proper technique:** Bend at the knees, keep your back straight, and get help when lifting heavy items.

### National Caregiver's Month!

An enormous thank you to all caregivers! Please take this month as a time to know that you are valued and are not alone.

In the SLO County, 20% of citizens are 65+, compared to the California state average of 15% of citizens being 65+.

About 70% of people aged 65 and older will need some form of long-term care in their remaining years, and the need increases significantly with age.

We know that caregiving can be both deeply rewarding and challenging. Yet, through your daily efforts, you remind us what true compassion looks like. Your dedication improves lives, strengthens families and builds a community rooted in empathy and respect.

**Thank you for your care and kindness.**

### Activities to do with Seniors during mealtime to appreciate caregivers:

1. **"Memory Menu" Conversations:** Talk about favorite meals from childhood or family traditions tied to certain foods.
2. **Gratitude Round:** Each person shares something they're thankful for about caregiving or companionship.
3. **Thank You Placemat:** Have seniors sign or decorate placemats with kind notes for caregivers.



### Cambria Dining Site Will Re-Open!

Beginning November 4<sup>th</sup> 2025 meals will be served from 11:30am - 12:30pm! Address is TBD.



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



Local. Quality. Healthcare.



Thank you to Guber Family Trust