



# Öctober 2025 Menu



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 IN		WEDNESDAY	THURSDAY	DAY FRIDAY	
-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		1	2	3	
		<b>Chicken Teriyaki</b> Brown Rice* Roasted Sweet Potatoes Winter Blend Vegetables Fresh Orange	BBQ Pork Sandwich on WW Bun* Mashed Potatoes Broccoli Chuckwagon Corn Applesauce	Southwest Chicken Salad w/beans, corn and romaine Tostada Broccoli Slaw Tropical Fruit Cup	
6	7	8	9	10	
Burrito Bowl (with Pinto Beans, Mixed /eggies, Tomato, Spring Mix, Cheese, Salsa Verde) Tostada* Mixed Fruit	<b>Lemon Chicken</b> WW Pasta* Broccoli Tomato Salad Fresh Orange	Pork Chile Verde Pinto Beans Tortilla* 4-Way Blend Vegetables Winter Blend Vegetables Peach Cup	Burger with Fixins WW Bun* Roasted Potatoes Green Beans Fresh Orange	Taco Salad (Turkey) Tostada* Corn Tomato Salad Pineapple	
13	14	15	16	17	
Meatloaf (Beef, Soy) & Brown Gravy Seasoned Carrots Chuckwagon Corn WW Bread* Mandarin Orange Cup	Cheese Ravioli & Meat Sauce (Turkey, Pork) Green Beans Winter Blend Vegetables Cheez-It Crackers* Fresh Orange	Celebrating Chili Beans with Beef Seasoned Zucchini Sicilian Blend Vegetables Pineapple October Birthdays!	Chicken Parmesan with WW Pasta* Stewed Tomatoes Italian Blend Vegetables WW Bread* Fresh Orange	<b>Tuna Salad</b> Coleslaw 3-Bean Salad Cheez-It Crackers* Pineapple	
20	21	22	23	24	
Chicken Enchilada Roja* Black Beans Winter Blend Vegetables Applesauce	<b>Fish Sandwich</b> WW Bun* Scandanavian Blend Vegetables Coleslaw Apricots	Turkey Fried Rice* Seasoned Cabbage Green Peas Manderine Orange Cup	<b>Italian Noodle Casserole (Turkey)*</b> Seasoned Spinach Italian Blend Vegetables WW Bread* Peaches	Asian Chicken Salad with Noodles* Romaine Pea Salad Fresh Orange	
27	28	29	30	31 TALLOW	
Sloppy Joes WW Bun* Broccoli Scandanavian Blend Vegetables	Swedish Meatballs  Brown Rice*  Cauliflower  Carrot Salad  Tangerine	<b>Turkey Jambalya</b> Brown Rice* Seasoned Zucchini Broccoli Slaw Peaches	Chicken Chowmein w/ Noodles* Green Beans Coleslaw WW Dinner Roll	Hamburger Stroganoff WW Pasta Peas Carrot Salad	

CONTACT US						
**Dining Rooms & Service Areas Open for in-person dining Monday - Friday from 11:30pm- 12:30pm. Call your site manager to reserve your meal!	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	Doug	(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			







## Food For Thought!

## www.mealsthatconnect.org





## **Breast Cancer Pink Week 2025!**

October 7-9, 2025 A series of free virtual webinars!



Weds

Oct 8th

## **Tues** Oct 7th

10:00 AM Message of Hope 12:00 PM What to Expect: Breast Biopsy and Localization **Procedures** 

2:00 PM Understanding Endocrine Therapy in Breast Cancer: Managing Side Effects & Improving Quality of Life

4:00 PM Triple Negative Breast Cancer

**6:00 PM** Tuesday Sessions Repeated

10:00 AM Cáncer de Mama Triple Negativo 12:00 PM Parte 1, Tu empoderamiento al encontrar tu propia voz, la perspectiva de un médico

2:00 PM Parte 2, Tu empoderamiento al encontrar tu propia voz, la perspectiva de un médico

6:00 PM Wednesday Sessions Repeated



10:00 AM Feeling Whole by Understanding Our Nervous

12:00 PM Yoga with Intention 2:00 PM Lifestyle Medicine and **Breast Cancer** 

4:00 PM Message of Hope 2025 **6:00 PM** Thursday Sessions

Repeated

Breast Cancer Resource Center: BCRCSB.ORG/PINKWEEK

### We are recruiting PAC members!

Essentially the House of

**Needed for:** 

- -Paso Robles
- -Morro Bay
- -Santa Margarita

Representatives of Meals that Connect. It includes 2 voting members from each lunch site.

What is the PAC?



#### Why do we have the PAC?

- PAC members have the official power to guide policy and make decisions regarding the program.
- Vote on dollar amount for the suggested domain.
- Have direct input regarding the menu.
- Help the director with long range planning.

Tell your site manager, or contact us at (805) 541-3312 if you are interested!

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

#### Paperwork Reminder!

When working in a program that receives federal and state funding, there are a number of tracking and training requirements.

All of the paperwork, "computer work", for our site management and volunteer management can be done on the computer or smart phone.

#### These include:

- Signing up to volunteer: Go to Mealsthatconnect.org. Under the "Get Involved" tab you can sign up to become a volunteer.
- Training: either a site manager or office staff will send a digital link to complete:
  - Volunteer information sheet which lets us know where, when and how you plan to volunteer.
  - A client intake form is needed if you plan to have a meal with the program.
  - Training on program policies with a digital quiz: should be completed before volunteering.
  - Security Awareness: about keeping client information secure and private.
- Many site managers communicate with volunteers by text and can send out requests for help and provide route information via text or email. The site managers track your hours in their site management software.

Paper options are still available for volunteers that need them.

### **General Announcements:**

Help Wanted: Seeking volunteers in Oceano



**Help Wanted:** Seeking twoday per week volunteer in Cambria

Contact us at (805) 541-3312 if you are interested!

Reopening Congregate **Dining in New** Location in Cambria!

### EALS TO SE 1 GA TICKET = 11 M

SLOPICKLEFESTIVAL.ORG



UNLIMITED BITES, SIPS, & LIVE MUSIC ALL PROCEEDS BENEFIT MEALS THAT CONNECT LAGUNA LAKE PARK - SLO 21+ EVENT



4TH

1-4PM

OR 12-4PM EARLY ACCESS!

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







