



January 2026 Menu

www.mealsthatconnect.org

Nourishing SLO County seniors with more than just meals.

*Indicates Whole Grain Product

All meals contain whole grain and are served with milk.



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
REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN	<ul style="list-style-type: none">-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
			Closed December 25th - January 2nd	
5	6	7	8	9
Meatloaf w/ Gravy 5 Way Veg Blend WW Roll* Applesauce	Jambalaya Chuckwagon Corn Brussels Sprouts WW Bread* Pineapple Cup	Chicken Tikka Masala Rice* Scandinavian Veg Blend Stewed Tomatoes Mango Cup	Seasoned White Beans w/ Olive Oil WW Biscuit* Mediterranean Veg Blend Coleslaw Papaya Cup	Fish Filet w/ Tartar Sauce WW Bun* Sweet Potatoes Sicilian Veg Blend Apricots
12	13	14	15	16
Cheese Ravioli w/ Meat Sauce (Turkey, pork) Green Beans Winter Veg Blend Cheez-It Crackers Orange Cup	Beef Stew San Francisco Veg Blend Germany Veg Blend WW Roll* Tropical Fruit Cup	Italian Noodle Casserole Peas & Carrots Corn Salad Papaya Cup	Sweet & Sour Chicken Rice* Mandarin Veg Blend Asian Coleslaw Pineapple Cup	BBQ Pork Sandwich Winter Veg Blend Roasted Potatoes Fresh Orange
19	20	21	22	23
Closed in Recognition of MLK Jr Day! 	Beef Tamale Verde Summer Squash 4 Way Veg Blend Graham Crackers* Tropical Fruit Cup	<i>Celebrating</i> Garbanzo Rice Casserole Peas & Carrots Green Beans Pineapple Cup <i>January Birthdays!</i>	Shepherd's Pie Mashed Potatoes w/ Cheese 4 Way Veg Blend WW Roll* Mango Cup	Spaghetti w/ Meat Sauce (Turkey) California Veg Blend Romaine Salad w/ Ranch Dressing WW Bread* Pear Cup
26	27	28	29	30
Sweet Potato & Black Bean Casserole Roasted Corn & Pepper Veg Blend Cilantro Lime Coleslaw Papaya Cup	Chicken a La King Brussels Sprouts Green Beans Almondine WW Roll* Fresh Orange	Omelette w/ Cheese Roasted Potatoes Stewed Tomatoes WW Bread* Peach Cup	Tuna Casserole Winter Veg Blend Zucchini Applesauce	Turkey Fried Rice Seasoned Cabbage Green Peas Tropical Fruit Cup

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 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
** San Miguel (Congregate Dining Only)	Mon & Wed @ 11:30	Amanda	(805) 471-0300



January 2026



Food For Thought!



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Meals That Connect New Executive Director

Dr. Maryam D. Far



Dr. Maryam D. Far has been invited to serve as the new Executive Director of Meals That Connect, bringing more than 25 years of experience leading mission-driven organizations in healthcare, behavioral health, aging services, higher education, and community nonprofits.

She has dedicated her career to improving the wellbeing of vulnerable populations through strategic leadership, operational excellence, and compassionate service.

Maryam previously served for many years as an Ombudsman with the San Diego Area Agency on Aging, advocating for the rights, dignity, and safety of older adults. These roles shaped her lifelong commitment to senior advocacy and healthy aging.

Maryam lives in Orcutt, California, with her husband, her older son who is a junior at Cal Poly SLO, and her younger son who is a senior in high school. In her personal time, she enjoys cooking, baking, traveling, participating in community events, and helping fundraise for causes that strengthen families and communities.



Fraud Abuse Prevention for Seniors



It's best to prevent scams by knowing a few of the most common types of scams:

Tech Support Fraud-try to have you send personal information, payments when one of your devices is having an issue.

Grandparent scam-Scammers pose as your grandchild and ask for assistance in dire situations.

Fake Prize scam - Receive a claim that you've won a prize in a contest or lottery.

Caregiver financial elder fraud - Trusted family members or caregivers find ways to financially exploit older individuals. Ex. taking cash or requesting to cover financial expenses.

Common Traits in all scams

- You win a contest you didn't enter
- You're told there's a problem with your account
- You feel pressured to take action immediately
- You're given oddly specific instructions on payment
- You're asked to keep secrets

In order to protect yourself, avoid making quick financial decisions.

For additional information please visit:

<https://www.helpguide.org/aging/healthy-aging/elder-scams-and-senior-fraud-abuse>

To Report Theft: IdentifyTheft.gov ReportFraud.ftc.gov



Volunteer News – Barbara Horne, R.D,CSG Allergies and Choking

1. Allergic reactions.

a.It is impossible to guarantee that the foods we serve at SNP do not contain any particular ingredient. We do not always receive the products that we order, and substitutions are made. Additionally, not all products have complete nutrition labels.

2. Check Scene safety, form an initial impression, obtain consent and put on PPE, as needed

3. Check for Signs & Symptoms

a. **Severe allergy symptoms**

b. **Face, neck, tongue or lip swelling ***

c. **Trouble breathing ***

d. **Change in responsiveness ***

e. **Signs & Symptoms of shock ***

i. Rapid weak heartbeat; Rapid breathing; Pale, gray, cool or moist skin; Unresponsive to confused; Restless or irritable; Nausea or vomiting; Excessive thirst

*** Severe food allergies can be life threatening; call 911**
Less severe allergy symptoms

- History of allergy
- Exposure to known allergen
- Skin rash or hives
- Swelling or redness



Choking

1. What is choking?

- Choking occurs when something obstructs the airway, preventing normal breathing.
- This blockage can be partial or complete, with complete obstruction being a medical emergency.
- The obstruction can be caused by food, small objects (like toys or coins), swelling, or fluids in the airway.

2. Check Scene safety, form an initial impression, obtain consent and put on PPE, as needed

3. Check for Signs & Symptoms

- Weak or no cough *
- High-pitched squeaking noises or no sound *
- Pale or blue skin color *
- Unable to cough, speak or cry *
- Panicked, confused or surprised appearance *
- Holding throat with hand(s)**
- Choking can be life threatening; call 911**



Cough!



5 Back Blows



5 Abdominal Thrusts

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



Local. Quality. Healthcare.

THE Balay Ko FOUNDATION

Thank you to
Guber Family Trust