



February 2026 Menu

www.mealsthatconnect.org

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
2	3	4	5	6
Chili Beans with turkey Capri Blend Veg 5 Way Blend Veg WW Roll* Strawberry Banana Applesauce	Curry Chicken Winter Vegetable Blend Carrot Brown Rice* Fresh Orange	Sloppy Joes Green Beans Roasted Potatoes WW Bun* Mango Cup	Manicotti w/ meat sauce (Turkey, pork) Mediterranean Vegetable Blend Scandinavian Vegetable Blend WW Roll* Papaya Cup	Enchilada Roja* (Chicken) Pinto and Black Beans Cauliflower Apricots
9	10	11	12	13
Meatloaf w/ Gravy Broccoli Chuckwagon Corn WW Roll* Applesauce	Chicken Alfredo w/ WW Pasta* Zucchini Roasted Corn & Pepper Blend Mandarin Cup	Chicken Marsala Broccoli Tuscany Vegetable Blend WW Pasta* Graham Crackers* Pineapple	Goulash (Turkey) WW Pasta* Seasoned Peas San Francisco Vegetable Blend Pear Cup	Tamales Verde (beef) Roasted Corn Germany Vegetable Blend Graham Crackers* Pineapple
16	17	18	19	20
Sweet and Sour Meatballs WW bread Broccoli Chuck wagon blend Pear cup	Swedish Meatballs (Chick, beef, soy) Cauliflower Green Beans Brown Rice* Strawberry Applesauce	<i>Celebrating</i> Fish Sandwich w Tartar Sauce Corn Sicilian Vegetable Blend WW Bun Apricots Birthday Muffin!*	Beef Stroganoff WW Pasta* Country Vegetable Blend Herbed Zucchini Papaya Cup	Chicken Fajita Bowl Black Beans Peas and Carrots Tortilla* Mixed Fruit Cup
23	24	25	26	27
Omelette w/ Cheese Roasted Potatoes Stewed Tomatoes WW Bread* Fresh Orange	Chicken Tikka Masala Scandinavian Vegetable Blend Winter Vegetable Blend Brown Rice* Strawberry Banana Applesauce	BBQ Pork Patty WW Bun* Coleslaw 5 Way Vegetable Blend Peach Cup	Shepherd's Pie Mashed Potatoes w/ Cheese 4 Way Veg Blend Cheez-Its* Fruit Mix Cup	Chicken Stew Capri Vegetable Blend Pacific Vegetable Blend WW Roll* Pineapple

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

*Indicates Whole Grain Product

All meals contain whole grain and are served with milk.



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



Food For Thought!

February 2026

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Valentines Card Drive!

Help us reach 1,000 Valentines for Seniors!

How You Can Help:

Create handmade valentines with heartfelt messages and cheerful designs.

Get your group involved! Perfect for classrooms, offices, clubs, or families.

Deliver your valentines to our main office:

265 South St., Suite B, Monday-Friday
San Luis Obispo 9am-4pm

Deadline: All valentines must be dropped off by **Tuesday, February 10th.** Email Ashley Murphy for additional info: ashley@mealsthatconnect.org

Miner's ACE Hardware

Miner's ACE Hardware of Pismo Beach generously donated 40 wreaths to our seniors, bringing smiles and joy to everyone who received one. Their kindness is a wonderful reminder of the power of giving in our community.

Thank you Miner's!

Chris Funck

Connie O'Neal

Patti Harsch

Volunteer News

Fire Safety & Fire Drills

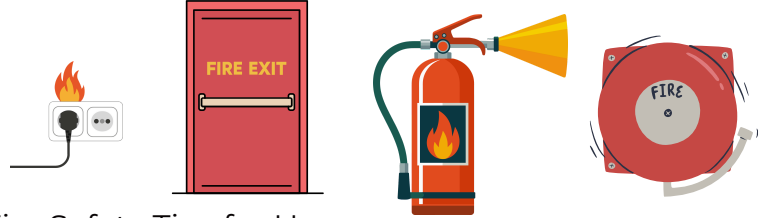
No matter how much you talk about fire drills, there is no substitute for actual practice. We ask **site managers** to schedule a fire drill at the sites once a year between February and March. Dining room clients and volunteers should participate if present that day. **Volunteer drivers** can also think about fire safety in the clients' homes where they deliver meals.



The fire department has a campaign to remind people of the importance of having their address visible from the streets. They can't help you if they can't find you. Drivers are the perfect person to note if the address is easily visible from the street.

Some tips for Fire Drills or other evacuations at the lunch site:

- Assist disabled persons
- Everyone must leave the building
- Someone check the bathrooms and other rooms for people
- Take the dining room sign-in sheet to check people off
- Gather in the designated meeting spot
- Check in with a designated person
- Do not leave without telling the designated person
- Do not re-enter the building without approval



Fire Safety Tips for Home

- Smoke detectors placed near bedrooms, away from air vents.
- Home evacuation plan
- Emergency numbers posted near telephone
- Well-lit kitchen and hallways
- No flammable materials (such as curtains or towels) within three feet of space heaters or stove
- No frayed or cracked electrical cords, overloaded electrical outlets or extension cords; no unusually warm outlets, no exposed wiring
- No heaters hooked up to extension cords, heaters are unplugged after you turn them off, not placed where they can be knocked over
- No grease on stove or in oven
- Dish towels are not used as potholders
- No ashtrays on chair or sofa arms or near beds

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

