



March 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
Italian Noodle Casserole WW Pasta* Italian Vegetable Blend Cauliflower Mango Cup	Turkey Fried Rice WW Roll* Broccoli Slaw Sicilian Vegetable Blend Fresh Watermelon	Hamburger w/ Fixins WW Bun* Tuscany Vegetable Blend Roasted Potatoes Strawberry Banana Applesauce	Meatload w/ Gravy WW Roll* Cauliflower 5 Way Vegetable Blend Orange	Enchilada Roja* (Chicken) Broccoli Seasoned Carrots Mandarin Oranges
9	10	11	12	13
Spaghetti and Meatballs WW Pasta* 4 Way Vegetable Blend Green Beans Pear Cup	Curry Chicken Salad Brown Rice* Cauliflower 5 Way Vegetable Blend Strawberry Banana Applesauce	Sloppy Joes WW Bun* Broccoli Sicilian Vegetable Blend Fresh Watermelon	White Bean Chicken Chili Brown Rice* California Vegetable Blend Corn Mandarin Cup	Tamales Roja (beef) Corn Tortilla* Chuckwagon Corn Tuscany Vegetables Pears
16	17	18	19	20
BBQ Pork Patty WW Bun* Snap Beans Coleslaw Orange	Sweet & Sour Meatballs Brown Rice* Seasoned Cabbage Carrots Mango Cup	<i>Celebrating</i> Lemon Chicken WW Pasta Peas and Carrots Green Beans Papaya Cup Birthday Muffin! <i>March Birthdays!</i>	Chicken a la King WW Bread* Mashed Potatoes 4 Way Vegetable Blend Pear Cup	Chili Verde (Pork) WW Biscuit* Corn California Vegetable Blend Pineapple Cup
23	24	25	26	27
Chicken Ravioli Alfredo WW Pasta* Capri Vegetable Blend Seasoned Spinach Mandarin Cup	General Tso Chicken Brown Rice* Mandarin Vegetable Blend Broccoli Peaches	Chicken Parm WW Pasta* Coleslaw Peas & Carrots Mango Cup	Omelette w/ Cheese WW Bread* Stewed Tomatoes Roasted Potatoes & Peppers Strawberry/Banana Applesauce	Chicken Fajitas Brown Rice* Corn Black Beans Fresh Orange
30	31	*Indicates Whole Grain Product All meals contain whole grain and are served with milk.	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	
Manicotti w/ Meat Sauce WW Pasta* 5 Way Vegetable Blend Green Beans Mango Cup	Swedish Meatballs (Chick, beef, soy) Brown Rice* Peas & Carrots Her bed Zucchini Fresh Orange			

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!

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Welllderly Week

March 16th - 21st



What does Welllderly mean?

Older individuals who are actively living fulfilling lives despite their age, emphasizing a positive and healthy approach to aging.

Where does "Welllderly" originate from?

Welllderly was created by Dr. Dale Anderson in collaboration with Act Happy Day. Dr. Anderson emphasized the health benefits of happiness, humor, and laughter, encouraging individuals to start their days with a hearty laugh in front of the mirror.

Ways to optimize your healthy aging process

(As explained by Pam Peeke, MD, MPH, FACP, FACSM, best-selling author and expert on health, fitness, and nutrition)

- 1. Aim to be Welllderly:** Welllderly is a much more positive, hopeful, and empowering term than elderly.
- 2. Focus on achieving a long health span:** The goal is not to live long--that's the life span, which is the number of years you live--rather, it'd to focus on living the longest and most joyful healthspan possible. Health span years are ones characterized by independent, vibrant, joyful, satisfying, and vital living.
- 3. Practice a healthy lifestyle:** Mental, spiritual, and physical fitness are of paramount importance if you're going to live long and well.
- 4. Get real.** Ditch the "antiaging" hype and embrace the realistic, rewarding goal of augmenting and supporting an optimal aging process.
- 5. Express gratitude** every time you wake up and realize that you're still here to thrive and continue this awesome adventure of life!

Thank you!

Thank you to our anonymous donor for generously donating a chest freezer to the Paso Robles dining site! This freezer is incredibly helpful to site operations, and is very appreciated.



THANK YOU

Volunteer News

Volunteer Appreciation Upcoming in April

Next month is National Volunteer Week. It is celebrated annually during the third week of April and this year it will be observed from April 19 to 25.

Volunteers may not wear or fly around, but volunteers are the hidden superheroes of Meals That Connect!

We appreciate you!
Thank you for all your
hard work.

Volunteer Retreats will be taking place in three locations with the first retreat on March 31st at the Monday Club!

Please RSVP by March 16th.

Meet Emily! Our New Registered Dietitian



Emily Adkisson, MS, RDN is our new remote RD! She is based in Virginia with Dietitians on Demand. Emily has much previous experience working with senior nutrition organizations and is doing a fantastic job already.

Feel free to email her any questions or comments:
emilyadkisson@mealsthatconnect.org

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



CenCalHEALTH
Local. Quality. Healthcare.

