



May 2026 Menu

www.mealsthatconnect.org

DO YOU NEED TO CANCEL A MEAL?

WE ASK FOR **THREE DAYS NOTICE** TO CANCEL, SUSPEND and/or RESUME MEALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		1
4	5			6
Chicken Parm WW Pasta* Cauliflower Oatmeal Cookie Pear Cup	Sloppy Joes WW Bun* Italian Blend Vegetables Roasted Potatoes Applesauce	Meatloaf w/ Gravy WW Biscuits Winter Vegetable Mix Sweet Potatoes Peach Cup	Tamale Roja Corn Tortillas* Roasted Corn and Pepper Vegetable Mix Black Beans Papaya Cup	Southwest Chicken Salad Romaine Lettuce WW Roll* Broccoli Slaw Apricots
11	12	13	14	15
Chicken Alfredo WW Pasta* Italian Blend Vegetables Seasoned Spinach Mandarin Cup	BBQ Pork Rib Sandwich WW Bun* Succotash Winter Mix Vegetables Mixed Fruit Cup	Omelette w/ Cheese WW Roll* Roasted Potatoes Tomato Salad Fresh Orange	Chicken Enchilada Verde* Pinto and Black Beans Cilantro Lime Coleslaw Mango Cup	Taco Salad (Turkey) Tostada Shell* Romaine Corn Salad Tropical Fruit Cup
18	19	20	21	22
Ravioli w/ Meat Sauce* Romaine Salad w ranch dressing California Vegetable Blend Applesauce	Fish Sandwich w tartar sauce WW Bun* Stewed Tomatoes Three Bean Salad Mandarin Orange Cup	Sweet & Sour Chicken Brown Rice* Mandarin Vegetable Blend Broccoli Slaw Pear Cup	<i>Celebrating</i> Sweet Potato Black Bean Casserole WW Cracker* Green Beans Parslied Carrots Tropical Fruit Cup Banana Nut Muffin! <i>May Birthdays!</i>	Cilantro Ranch Chicken Salad w/ Spinach WW Biscuit* Green Pea Salad Coleslaw Fresh Orange
25	26	27	28	29
Closed in recognition of Memorial Day	Hamburger w/ Fixins WW Bun* Sweet Potatoes Herbed Zucchini Mandarin Cup	Chicken Marsala Brown Rice* 4 Way Vegetable Blend Brussels Sprouts Mango Cup	Vegetarian Chili WW Bread* Fresh Tomato Green Peas Pineapple Cup	Chickpea Salad (vegetarian) Romaine Salad WW Cracker* Winter Mix Vegetables Pear Cup

CONTACT US

**Dining Rooms & Service Areas	Serving Days/Time	Site Manager	Phone Number
<i>Open for in-person dining Monday - Friday from 11:30pm-12:30pm. Call your site manager to reserve your meal!</i>			
** Atascadero, Templeton	Mon-Fri @ 11:30	Jill	(805) 466-2317
Cambria, San Simeon	Tues & Thur @ 11:30	Doug	(805) 952-2843
Los Osos (In person dining on Friday's)	Mon-Fri @ 11:30	Kellie	(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	Larissa	(805) 543-0469
** San Miguel (Congregate Dining Only)	Mon & Wed @ 11:30	Amanda	(805) 471-0300



Food For Thought!

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Older Americans Month

May 2026

This year the Older Americans Month theme is **Champion Your Health!** It underscores prevention, wellness, and personal responsibility as the cornerstones of healthy aging. It encourages taking an active role in managing and advocating for your health, accessing preventive care, and making informed decisions.

This May we encourage you to try this monthly challenge:

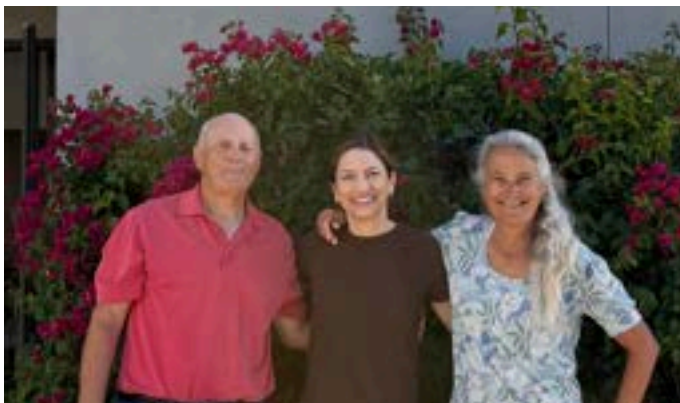
Week 1: Move Your Body (Ex: take a 10-15 min walk each day)

Week 2: Nourish Your Body (Ex: add one fruit or vegetable to each meal)

Week 3: Connect with Others (Ex: call a friend, attend a meal site, or join an activity)

Week 4: Care for Your Mind (Ex: try deep breathing, journaling, or a mind game/puzzle)

Volunteer Shoutout!



A huge thank you goes out to Chuck, Barbara and Michele from the SLO dining site! Thanks for your hard work, positivity and commitment to Meals That Connect.

Volunteer News

The annual volunteer refresher training will be sent out to all volunteers. If you do not receive it by May 15th please email Brian. (brian@mealsthatconnect.org). We appreciate you taking the time to refresh your skills to keep Meals that Connect running safely and smoothly.

MEALS THAT CONNECT
INVITES YOU TO A

VOLUNTEER RETREAT & RESOURCE FAIR

May 5 | Paso Senior Center |
2:30–4:30 p.m.

June 23 | The Cliffs Hotel |
1:00–3:30 p.m.

- Awards & Community Resources
- Food Provided
- Complimentary Admission
- Coffee & Tea Service
- Live Jazz Music

Please RSVP to
Ashley@mealsthatconnect.org
by April 30th for Paso Robles
and June 15th for The Cliffs
Hotel

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



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