



# April 2026 Menu

[www.mealsthatconnect.org](http://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
<b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN</b>  -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>Shepherd's Pie (beef)</b> Mashed Potatoes w/ Cheese WW Bread* Capri Vegetable Blend Mixed Fruit Cup	<b>Swiss Steak (beef)</b> WW Roll* Winter Vegetable Blend Carrots Mixed Fruit Cup	<b>Turkey Jambalaya</b> Brown Rice* 5 Way Vegetable Blend Cauliflower Peach Cup
6	7	8	9	10
<b>Vegetarian Chili</b> Cornbread* Peas and Carrots Applesauce	<b>Italian Noodle Casserole (Turkey)</b> WW Pasta* Tuscany Vegetable Blend Pineapple	<b>Enchiladas Blanco*</b> Pinto and Black Beans Broccoli Tropical Fruit Cup	<b>Fish Sandwich w/ Tartar Sauce</b> WW Bun* Coleslaw Scandinavian Vegetable Blend Papaya Cup	<b>Hawaiian Chicken Salad</b> WW Biscuit* Fresh Tomato Carrot Raisin Salad Mandarin Cup
13	14	15	16	17
<b>Beef Stroganoff</b> WW Pasta* Green Beans Pacific Vegetable Blend Fresh Orange	<b>BBQ Chicken Sandwich</b> WW Bun* Coleslaw Italian Vegetable Blend Peaches	<b>Sweet Potato &amp; Black Bean Casserole*</b> Cheez Its Winter Vegetable Blend Dill Carrots Mango Cup	<b>Turkey Fried Rice*</b> Mandarin Vegetable Blend Capri Vegetable Blend Oatmeal Cookie Apricot Cup	<b>Asian Chicken Salad</b> WW Bread* Romaine Salad Asian Coleslaw Pear Cup
20	21	22	23	24
<b>Enchilada Roja*</b> Chuckwagon Corn Pinto and Black Beans Mixed Fruit Cup	<b>Chicken Tikka Masala</b> Brown Rice* Seasoned Cabbage Green Beans Applesauce	<b>Spaghetti* w/ Meatballs</b> Romaine Salad w Ranch Dressing Brussels Sprouts Peach Cup	<i>Celebrating</i> <b>Omelette w/ Cheese</b> Roasted Potatoes Stewed Tomatoes Banana Nut Muffin* Mango Cup  <i>April Birthdays!</i>	<b>Garbanzo Bean Casserole (vegetarian)</b> WW Crackers* California Vegetable Blend Stewed Tomatoes Applesauce
27	28	29	30	<b>*Indicates Whole Grain Product All meals contain whole grain and are served with milk.</b>
<b>Hamburger w/ Fixins</b> WW Bun* Sweet Potato Winter Vegetable Blend Pear Cup	<b>Goulash*</b> WW Bread Germany Vegetable Blend Brussels Sprouts Tropical Fruit Cup	<b>Manicotti w/ Vegetable Marinara</b> Green Beans Almondine Seasoned Spinach Peach Cup	<b>White Bean Chicken Chili</b> WW Roll* Green Pea Salad Carrots Mixed 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



# Food For Thought!

April 2026

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## Volunteer Appreciation

National Volunteer Appreciation Week April 19th-25th

Dear Volunteers,

We are so thankful for each and every one of you! You are an essential part of Meals that Connect.

Everyday your generosity, compassion and dedication help bring more than just meals to our community.

You provide connection, comfort and care to neighbors who rely on us. Your time and kindness truly make a difference.

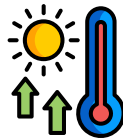
Because of you, seniors and individuals in our community are reminded that they are not alone. A warm meal and a friendly smile at the door can brighten someone's entire day—and that impact cannot be overstated.

We are deeply grateful for the energy, heart and commitment you bring to this organization.

Volunteers like **Nan Guadiana** from Morro Bay keep Meals that Connect running!



**As the temperature and sun exposure increases please be careful!**



- Drink plenty of fluids even if you do not feel thirsty
- If your home does not have air conditioning, visit public libraries, senior centers or shopping malls
- Wear a wide brimmed hat and sunscreen when outdoors
- Review medications with a doctor/pharmacist as some can interfere with the body's ability to regulate temperature

## Volunteer News

### Fall Prevention

#### Do's

##### Health & medications

Get annual Health check up for eyes, heat & blood pressure

##### Exercise

Join exercise program that aids agility, strength, balance & coordination

##### Bathroom

Install grab bars on bathroom walls & use rubber mat on bathroom floor

##### Bedroom

Place a lamp near your bed. Sleep on a bed that is easy to get into and out of.

#### Don'ts

##### Kitchen Norms

Do not stand on chairs or boxes to reach upper cabinets

##### Quit Smoking

##### Avoid Alcohol

##### Living Room Rules

Do not run extension cords across pathways; if necessary, rearrange furniture to conceal cords.

##### Uncomfortable Footwear

Wear properly fitting shoes with nonskid soles. Avoid high heels.

## Tax Resources

The AARP and Cal Poly are providing **FREE tax help to seniors!**

For AARP Times and Locations



For Cal Poly Times and Locations



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



Local. Quality. Healthcare.

