



June 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
1	2	3	4	5
Chicken Fried Rice Brown Rice* Mandarin Vegetable Blend Capri Vegetable Blend Mixed Fruit Cup	Ravioli Chicken Alfredo WW Bread* Romaine Salad California Vegetable Blend Pear Cup	Pork Rib Sandwich WW Bun* Coleslaw Winter Vegetable Blend Peach Cup	Swiss Steak WW Roll* Dill Carrots Green Bean Almondine Mandarin Cup	Curry Chicken Salad WW Cracker* Carrot Raisin Salad Pickled Beets Tropical Fruit Cup
8	9	10	11	12
Manicotti w/ Meat Sauce (pork and turkey) WW Roll* Brussels Sprouts Scandinavian Vegetable Blend Fresh Orange	Jambalaya Brown Rice* Summer Squash Broccoli Applesauce	Fish Sandwich w/ Tartar Sauce WW Bun* Roasted Potatoes Pacific Blend Vegetables Honeydew Melon	Tamale Verde Cheeze-Its* Pinto and Black Beans Fresh Tomato Papaya Cup	Cilantro Ranch Chicken Salad WW Bread* Corn Salad Cilantro Lime Coleslaw Pineapple Cup
15	16	17	18	19
Garbanzo Bean Casserole Brown Rice* Winter Blend Vegetables Seasoned Carrots Mixed Fruit Cup	Sloppy Joes WW Bun* Peas and Carrots Seasoned Spinach Mandarin Cup	<i>Celebrating</i> Tuna Noodle Casserole WW Pasta* Green Beans Cauliflower Peaches Banana Nut Muffin! <i>June Birthdays!</i>	Chicken Enchilada Roja* Chuckwagon Corn Herbed Zucchini Mango Cup	Hawaiian Chicken Salad WW Biscuit* Asian Coleslaw Fresh Tomatoes Pear Cup
22	23	24	25	26
Sweet & Sour Chicken Patty Brown Rice* Mandarin Vegetable Blend Green Pea Salad Pineapple Cup	Beef Stroganoff WW Pasta* Scandinavian Blend Vegetables Green Bean Almondine Mandarin Cup	Hamburger w Fixins WW Bun* Coleslaw 5 Way Vegetable Blend Applesauce	Omelette w Cheese WW Roll* Sweet Potato Capri Vegetable Blend Fresh Orange	Southwest Chicken Salad WW Crackers* Romaine Salad Three Bean Salad Tropical Fruit Cup
29	30	*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	
Chicken Pesto Pasta WW Pasta* 4 Way Vegetable Blend Fresh Strawberries	Chicken Marsala Brown Rice* Carrot Salad Brussels Sprouts Applesauce			

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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MEALS THAT CONNECT
INVITES YOU TO A

VOLUNTEER RETREAT & RESOURCE FAIR

June 23

1:00–3:30 p.m.

The Cliffs Hotel & Spa

- *Volunteer Awards*
- *Community Resources*
- *Appetizers and Desserts*
- *Coffee & Tea Service*
- *Live Jazz Music*
- *Free Valet for all guests*
- *Complimentary Admission*

Please RSVP to
Ashley@mealsthatconnect.org
by June 15th

Volunteer News

POLICY:

We must be sure to protect all clients from any abusive or exploitative conduct. California law requires that every “Care Custodian” has a responsibility in this regard. If you act as a Care Custodian at any time, you personally have a legal responsibility to report certain matters to law enforcement.

PROCEDURE:

- 1. Who must report:** Any person who has assumed intermittent responsibility for care of an elder or dependent adult, whether or not that person receives compensation for their care. By definition, all staff and volunteers in the Senior nutrition program are mandated reporters.
 - 2. For whom are we responsible:**
 - a. An “Elder” is any person 65 or older. (Our program serves people 60 years old.
 - b. A dependent adult is aged 18-64 who has physical or mental limitation which restricts his or her ability to carry out normal activities or to protect his or her rights.
 - 3. When to report. You must report if:**
 - a. In the course of your service you have observed, suspect or have knowledge of an incident that reasonably appears to be
 - i. Physical abuse
 - ii. Abandonment
 - iii. Isolation
 - iv. Financial abuse
 - v. Neglect (including self neglect)
 - b. You are told by an elder that they have experienced these circumstances
 - 4. How to report**
 - a. The report can be made by phone immediately or as soon as it is practically possible to the Department of Social Services Adult and Aging Services at (805) 781-1790
 - b. The report can also be done on-line: google “sloaps” Click on the first link / Click Reporter link / Select county/ Fill in form & click submit
- Reporters are anonymous and shall not incur any liability for any report they make.

Thank you for your help in protecting our seniors!

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

