



# July 2026 Menu

[www.mealsthatconnect.org](http://www.mealsthatconnect.org)

**\*Indicates Whole Grain Product**  
**All meals contain whole grain and are served with milk.**

**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
<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>Meatloaf w/Gravy</b> WW Roll* Brussel Sprouts Roasted Potatoes Mixed Fruit Cup	<b>Sweet Potato and black bean cass</b> WW Cracker* Green pea salad Winter blend vegetables Applesauce	<b>Closed in recognition of July 4th</b>
6	7	8	9	10
<b>White Bean Chicken Chili Biscuit*</b> Green Beans Parslied Carrots Mandarin cup	<b>General Tso Chicken</b> Brown Rice* Mandarin Vegetable Blend Califlower Pineapple cup	<b>BBQ Chicken Sandwich</b> WW Bun* Herbed Zucchini Succotash Mixed Fruit Cup	<b>Goulash WW Pasta*</b> Broccoli Seasoned Spinach Apricots	<b>Taco Salad</b> Tostada* Three Bean Salad Fresh Tomato Fresh Strawberries
13	14	15	16	17
<b>Swedish Meatballs</b> Brown Rice* Italian Vegetables Blend Romaine Salad Mandarin Cup	<b>Omelette W/Cheese</b> Cheese its* Roasted Potatoes 4-way vegetable Blend Honeydew Melon	<i>Celebrating</i> <b>Beef Stroganoff</b> WW Pasta* California Vegetable Blend Stewed Tomatoes Applesauce + Birthday Muffine  <i>July Birthdays!</i>	<b>Tamale Roja*</b> WW roll* Black Beans Corn Salad Papaya Cup	<b>Asian Chicken Salad</b> WW Cracker* Asian Coleslaw Pickled Beets Pear Cup
20	21	22	23	24
<b>Manicotti W Meat Sauce</b> <b>WW Bread*</b> Grean Bean Almondine Dill Carrots Mandarin Cup	<b>Hamburger</b> WW Bun* Summer Squash Sweet Potatoes Tropical Fruit Cup	<b>Curry Chicken</b> Brown rice* Winter Mix Vegetables Green Peas Apricots	<b>Swiss Steak</b> WW Roll* Scandinavian Vegetable Blend Brussel Sprouts Applesauce	<b>Tuna Salad</b> WW Pasta* Carrot Raisin Salad Spinach Salad Mixed Fruit Cup
27	28	29	30	31
<b>Chicken Marsala</b> WW Pasta* Broccoli Slaw Capri Vegetable Blend Pineapple Cup	<b>Fish Sandwich W/Tartar Sauce</b> WW Bun* 4-Way Vegetables Blend Cauliflower Applesauce	<b>Chicken Pesto Ravioli</b> Seasoned Spinach California Vegetable Blend Mandarin Cup	<b>Enchilada Verde*</b> Three Bean Salad California Vegetable	<b>Ranch Chicken Salad</b> WW Bread* Coleslaw Fresh Tomato Peach 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	John	(805) 471-0300



# Food For Thought!

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## Los Osos Open House

**Date :** Friday, August 28<sup>th</sup>  
**Time:** 12:00pm- 3:00pm  
**Location:** South Bay Community Center  
2180 Palisades Avenue, Los Osos.

## Cambria Open House

**Date :** Thursday September 10th  
**Time:** 12-3:00pm  
**Location:** St. Paul's Episcopal  
2700 Eton Road, Cambria.

Meals That Connect is excited to invite the community to our Cambria and Los Osos Open House .

Whether you're interested in

- learning more about our services
- Becoming a volunteer,
- Connect with neighbors

This event is a wonderful opportunity to discover how **Meals That Connect** is making a difference throughout San Luis Obispo County. Guests will enjoy:

- Live music
- Delicious appetizers
- Complimentary lunch

All while meeting our team, volunteers, and community members. The Open Houses are free and open to everyone, so bring a friend and join us for an afternoon of food, fellowship, and community connection.

For more information, please contact us at (805) 952-2843 or

**Miranda**

[mmcshea@mealsthatconnect.org](mailto:mmcshea@mealsthatconnect.org).

We look forward to seeing you there!

## Volunteer News

## Call For Volunteers

### Cambria

Volunteers are needed for all areas of the Meals That Connect Cambria Site:

- Morning Pack Out
- Meal Delivery
- Dining Service

Please Contact the Site Manager :

**Doug**

805-952-2843

### Los Osos

Volunteers & diners are needed for Los Osos:

#### Volunteer

- Morning Pack Out
- Meal Delivery
- Dining Service

Please Contact the Site Manager:

**Kellie**

805-528-6923

## Volunteer Retreat Series a Great Success!

Meals That Connect was proud to host three Volunteer Retreats this year, with our final retreat held on June 23 at The Cliffs Hotel & Spa. The retreat series gave our volunteers the opportunity to connect with one another, receive valuable information and resources from our community partner agencies, and learn more about programs and services available to the clients we serve. It was also a chance to recognize and celebrate the dedication of our amazing volunteers, whose compassion and commitment make our mission possible every day.

A heartfelt thank you to all of our partner agencies for participating and sharing valuable information with our volunteers. We also extend our sincere appreciation to every volunteer for your continued service and to everyone who helped make this year's retreat series a tremendous success!

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



**CenCalHEALTH**  
Local. Quality. Healthcare.

