



August 2026 Menu

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
3	4	5	6	7
Teriyaki Chicken Brown Rice* Mandarin Vegetable Blend Asian Coleslaw Tropical Fruit Cup	BBQ Pork Patty Whole Wheat Bun* Sweet Potatoes Summer Squash Mixed Fruit Cup	Tamale Verde Graham Crackers* Corn and Pepper Blend Parslied Carrots Pineapple Cup	Vegetarian Chili Whole Wheat Roll* Capri Vegetable Blend Brussels Sprouts Applesauce	Curry Chicken Salad Whole Wheat Crackers* Romaine Salad Fresh Tomato Fresh Orange
10 	11	12	13	14
Pasta Florentine w/ Chickpeas (Whole Wheat Pasta in entree*) Green Peas Dill Carrots Mixed Fruit	Omelette w/ Cheese Whole Wheat Crackers* 4-Way Vegetable Blend Roasted Potatoes Fresh Orange	Meatloaf w/ Gravy Whole Wheat Roll* California Vegetable Blend Chuckwagon Corn Apricots	Chicken Enchilada Roja (Corn Tortilla in entree*) Three Bean Salad Stewed Tomatoes Tropical Fruit Cup	Hawaiian Chicken Salad Whole Wheat Biscuit* Coleslaw Pickled Beets Pineapple Cup
17	18	19	20	21
General Tso's Chicken Brown Rice* Cauliflower Seasoned Spinach Applesauce	Hamburger w/ Fixins Whole Wheat Bun* Succotash Romaine Salad Fresh Orange	<i>Celebrating</i> Sweet Potato Black Bean Casserole Whole Wheat Crackers* Green Bean Almondine Winter Mix Vegetables Peach Cup Birthday Muffin <i>August Birthdays!</i>	Ravioli w/ Meat Sauce Whole Wheat Bread* Herbed Zucchini Italian Vegetable Blend Pineapple Cup	Asian Chicken Salad Graham Crackers* Broccoli Slaw Carrot Raisin Salad Apricots
24 	25	26	27	28
Pesto Chicken Cheese Manicotti Graham Crackers* Parslied Carrots Capri Vegetable Blend Mixed Fruit Cup	Fish Sandwich w/ Tartar Sauce Whole Wheat Bun* Broccoli Fresh Tomato Papaya Cup	Sweet N Sour Chicken Brown Rice* Mandarin Vegetable Blend Green Pea Salad Fresh Orange	Chicken Marsala Whole Wheat Pasta* Brussels Sprouts 4-Way Vegetable Blend Fresh Strawberries	Taco Salad Tostada* (Lettuce in entree) Three Bean Salad Pineapple cup
31			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	
Sloppy Joes Whole Wheat Bun* Green Beans Tomato Salad Papaya 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 Manager	Phone Number
** 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

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MEALS THAT CONNECT

Open House



Friday, August 28
12 p.m. to 3 p.m.
South Bay Community Center
2180 Palisades Ave. Los Osos

- Live jazz music
- Appetizers and refreshments
- Lunch prepared by the Meals That Connect Team
- Tours of our dining site
- Opportunities to meet staff, volunteers, and community partners
- Information about services available to seniors
- Open to the public, free of charge

Please RSVP by August 20 to
mmcshea@mealsthatconnect.org

Volunteer News & Training – Lauren Hogan MS, RDN
Hazard Analysis Critical Control Point (HACCP)

HACCP: A system developed for food safety. It involves looking for places where things can go wrong at any point from farm to table that could increase the likelihood of a food causing foodborne illness. Each place where a food is vulnerable to contamination, or the growth of bacteria is a CRITICAL CONTROL POINT. **Staff and volunteers are a vital part of making those critical control points safe.**

Risk: Foodborne Illness (food poisoning) is more common than most people realize. There are millions of cases per year in the U.S. Several thousands are hospitalized, and about 3,000 people die each year. **The populations most vulnerable include older people with poor health.**



HACCP at Meals that Connect: The main areas that we monitor are **personal hygiene and temperature control.**

- Food can be contaminated by people who are sick and/or don't wash their hands well before handling food.
- Food contaminated with illness-causing bacteria only becomes dangerous if the bacteria are allowed to grow to harmful levels. That happens when food is left in the temperature danger zone too long. The "danger zone" is temperatures between 41-135 degrees F.

We have many procedures in place to monitor food safety. For example, **Volunteer Drivers play a critical role** in keeping the food cold during the delivery process. Drivers can also make sure that the client receiving a meal at home is either going to **heat up the meal immediately** or **put it in their refrigerator.**

As a volunteer, you are a CRITICAL CONTROL POINT, a key part in HACCP and keeping our foods safe!

Tickets are now available for the Pickle Festival Fundraiser — a fun family-friendly event celebrating all things pickled!

Enjoy pickle sips and bites, live music, local vendors, interactive activities, and more. It's kind of a big dill!
The festival will benefit Meals That Connect.

- Expect free pickle samples and beverages
- Free pickle-flavored lemonade and popcorn
- Pickle eating contest with prize
- Live music and entertainment
- Brass Mash Band
- Free parking, ride sharing is encouraged

PICKLE
FESTIVAL
FUNDRAISER
10.10.2026



11AM-3PM
MADONNA INN EXPO
SLOPICKLEFESTIVAL.ORG

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

