



September 2026 Menu

www.mealsthatconnect.org

All meals contain whole grain and are served with milk.
*Indicates whole grain product.

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
	Garbanzo Bean Casserole w/ Turkey Whole Wheat Crackers* 4-Way Vegetable Blend Stewed Tomatoes Fresh Orange	Swedish Meatballs Whole Wheat Pasta* Broccoli Summer Squash Fresh Melon	BBQ Pork Patty Sandwich Whole Wheat Bun* Parslied Carrots Green Beans Mixed Fruit Cup	Cilantro Lime Ranch Chicken Salad Whole Wheat Bread* Corn Salad Spinach Salad Tropical Fruit Cup
7	8	9	10	11
Closed for Labor Day	<i>Labor Day Holiday Meal!</i> Hamburger w/ Fixins Whole Wheat Bun* NEW Dill Pickle Coleslaw Roasted Potatoes Tropical Fruit Oatmeal Cookie	Sweet Potato & Black Bean Casserole Whole Wheat Bread* Germany Vegetable Blend Green Pea Salad Fresh Orange	Spaghetti w/ Turkey Marinara Meat Sauce Whole Wheat Spaghetti* Capri Vegetable Blend Brussels Sprouts Pineapple Tidbits	Asian Chicken Salad Whole Wheat Crackers* Broccoli Slaw Pickled Beets Applesauce
14	15	16	17	18
Chicken Tikka Masala Brown Rice* Parslied Carrots Cauliflower Peach Cup	Beef Tamale Verde Whole Wheat Crackers* Herbed Zucchini Corn w/ Red Peppers Pineapple Tidbits	<i>Celebrating August Birthdays!</i> Chicken Sandwich w/ Fixins Whole Wheat Bun* California Vegetable Blend Green Peas Fresh Melon Birthday Muffin	Omelette w/ Cheese Whole Wheat Bread* Stewed Tomatoes Roasted Potatoes Fresh Orange	Southwest Chicken Salad w/ Beans Whole Wheat Biscuit* (Lettuce in entree) Three Bean Salad Mixed Fruit
21	22	23	24	25
Vegetarian Chili Whole Wheat Bread* Broccoli 4-Way Vegetable Blend Fresh Melon	NEW Rosemary Chicken Brown Rice* Sweet Potatoes Brussels Sprouts Applesauce Cup	Meatloaf w/ Zesty Tomato Sauce Whole Wheat Roll* Mashed Potatoes Green Beans Pineapple Tidbits	Chicken Enchilada Blanca (Corn Tortilla in entree)* Pinto and Black Beans Peas and Carrots Fresh Orange	Chef Salad w/ Turkey, Egg, Cheese Cheese Its* (Lettuce in entree) Tomato Salad Tropical Fruit Cup
28	29	30	REHEATING INSTRUCTIONS: <i>DO NOT USE A TOASTER OVEN.</i> -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.	
Turkey Fried Rice Brown Rice* Pacific Vegetable Blend Cauliflower Pear Cup	Fish Sandwich w/ Tartar Sauce Whole Wheat Bun* Roasted Potatoes Coleslaw Mixed Fruit	Alfredo Chicken Ravioli Whole Wheat Bread* Fresh Tomato Sicilian Vegetable Blend Fresh Orange		

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	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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JOIN US AT OUR MEALS THAT CONNECT

OPEN HOUSE

1-4 PM THURSDAY, SEPTEMBER 10

St. Paul's Episcopal Church
2700 Eton Road
Cambria

Enjoy live music, appetizers,
and lunch provided by Meals
That Connect. Open to the
community, free of charge.



Questions? Contact:

(805)952-2843 mmshea@mealsthatconnect.org

Volunteer News & Training – Lauren Hogan MS, RDN
Prevention of Foodborne Illness

Foodborne illness is caused by the consumption of food that is contaminated with pathogens.

Most Common Causes of Foodborne Illness:

- Poor personal hygiene
- Purchasing food from unsafe sources
- Failure to cook food to a safe temperature
- Failure to hold food to a safe temperature
- Cooling food incorrectly
- Using contaminated equipment



With food safety efforts, foodborne illness is preventable!

Follow the CDC's Four Steps to Food Safety:

- **Clean** → Wash hands and surfaces often.
- **Separate** → Do not cross-contaminate.
- **Cook** → Cook and reheat food to safe temperatures.
- **Chill** → Refrigerate and cool food properly.

Handwashing can stop the spread of foodborne illness. Hands are a vehicle of contamination. Wash hands with warm, soapy water for 20 seconds!



Cleanliness is a major factor in preventing foodborne illness!

Reminders for Food Safety:

- **Wear hair net, scarf, hat** when handling food.
- Wear **clean clothing** when handling food.
- Keep **finger nails** short and clean.
- Use **smart phones/watches** in designated areas.
- **Aprons** should not be worn into restrooms.
- **Sneeze/cough** into upper arm/shoulder.
- Please do not volunteer while **sick or ill**.
- No **eating, drinking, or chewing gum** in kitchen.
- **Use gloves** when touching food directly.
- **Do not leave a meal outside** when delivering.
- Keep all **delivered food** below 41F. There is a thermometer in the bottom of delivery containers.
- Keep food out of the **temp danger zone (41F-135F)**



Thank you for your continued time & care for food safety!

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!

