



October 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
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.			1	2
		All meals contain whole grain and are served with milk. *Indicates whole grain product.	Albondigas with Meatballs <i>(chicken, beef, soy, whey)</i> Corn Tortilla* Herbed Zucchini Chuckwagon Corn Fresh Orange	Vegetarian Chili with Beans Whole Wheat Roll* Dill Carrots Green Peas Tropical Fruit Cup
5	6	7	8	9
Spaghetti with Turkey Marinara Meatsauce Whole Wheat Noodles* Capri Vegetable Blend Chuckwagon Corn Mandarin Orange Cup	Chicken Sandwich with Fixins Whole Wheat Bun* Green Beans Sweet Potatoes Peach Cup	Omelet with Cheese Whole Wheat Roll* Roasted Potatoes Stewed Tomatoes Mixed Fruit Cup	Meatloaf with Gravy <i>(beef, soy, egg)</i> Whole Wheat Bread* California Vegetable Blend Broccoli Fresh Orange	Beef Tamale Roja Corn Tortilla* Cauliflower Pinto Beans Fresh Melon
12	13	14	15	16
Chicken Lo Mein Whole Wheat Noodles* Stir Fry Vegetable Blend Green Peas Fresh Orange	Shepherd's Pie with Turkey Whole Wheat Roll* Mashed Potatoes Green Beans Pineapple Cup	<i>Celebrating October Birthdays!</i> Curry Chicken Brown Rice* Parslied Carrots Winter Vegetable Blend Fresh Melon Birthday Muffin	Pasta Florentine with Chickpeas Whole Wheat Pasta* Herbed Zucchini 4-Way Vegetable Blend Pear Cup	Hawaiian Chicken Salad Whole Wheat Bread* Romaine Salad Fresh Tomatoes Papaya Cup
19	20	21	22	23
Chicken Chili Verde Corn Tortilla* Broccoli 4-Way Vegetable Blend Mixed Fruit Cup	Chicken Teriyaki Brown Rice* Pacific Vegetable Blend Seasoned Cabbage Fresh Melon	NEW Lentil Stew Whole Wheat Roll* Sweet Potatoes Brussels Sprouts Fresh Orange	Chicken Marsala Whole Wheat Pasta* Italian Vegetable Blend Green Pea Salad Pineapple Tidbits	Taco Salad w/ Turkey and Beans Whole Wheat Graham Crackers* Romaine Lettuce Cilantro Lime Coleslaw Tropical Fruit Cup
26	27	28	29	30
NEW Mediterranean Chicken Whole Wheat Pasta* Mediterranean Vegetable Blend California Vegetable Blend Mixed Fruit Cup	Fish Sandwich w/ Tartar Sauce Whole Wheat Bun* Roasted Potatoes Broccoli Fresh Melon	Vegetarian Chickpea Rice Casserole Whole Wheat Bread* Herbed Zucchini 4-Way Vegetable Blend Fresh Orange	Chicken Enchilada Roja <i>(Corn Tortilla in entree)*</i> Spinach Salad Pinto Beans Tropical Fruit Cup	<i>Halloween Holiday Meal!</i> Turkey Chili Corn Muffin* Parslied Carrots Brussels Sprouts Applesauce Cup Cookie 

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 (Congregate Dining Only)	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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Open House

These past two months Meals That Connect hosted open houses at our Los Osos and Cambria dining sites! The events brought together community members, future diners, and volunteers to learn more about our dining program and how Meals That Connect is supporting seniors in the community.



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

Volunteer News & Training – written by Taylor Howe, Cal Poly Nutrition Student and reviewed by Lauren Hogan MS, RDN

Earthquake Preparedness

This year’s International Shake Out Day is Thursday, October 15, when millions of people worldwide will participate in earthquake drills at work, school, or home!

Key Earthquake Safety Accessibility Tips



If Possible:

- DROP** where you are, onto your hands and knees. This position protects you from being knocked down by shaking and reduces your chance of being hit by falling or flying objects.
- COVER** your head and neck with one arm and hand.
 - If a sturdy table or desk is nearby, crawl underneath for shelter.
 - If no shelter is nearby, crawl next to an interior wall
 - Stay on your knees; bend over to protect vital organs.
- HOLD ON** until the shaking stops.
 - Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts. No shelter: hold on to your head and neck with both arms and hands.

Or Adapt to Your Situation:

- If you have difficulty** getting onto the ground, or cannot get back up again without help, follow these recommendations:
 - If you are in a **recliner or bed**: Cover your head and neck with your arms or a pillow until the shaking stops.
 - If you use a **cane**: Drop, Cover, and Hold On or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.
 - If you use a **walker or wheelchair**: **LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms, a book, or a pillow. Then **HOLD ON** until the shaking stops.



Learn more at EarthquakeCountry.org

Nutrition Fun Fact

With the upcoming Pickle Festival this month, check-out this fun fact about pickles!



Did you know that while most pickles are typically well... pickled, there are also fermented pickles full of healthy probiotics. These are made using only water, salt, and time!

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!

