# November 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 |
|---|---|---|---|---|
| 2 | 3 | 4 | 5 | 6 |
| **Rosemary Chicken**<br>Whole Wheat Roll*<br>Sweet Potatoes<br>Green Beans<br>Pineapple Tidbits Cup | **BBQ Pork Patty**<br>Whole Wheat Bread*<br>Mashed Potatoes<br>California Vegetable Blend<br>Fresh Orange | **General Tso Chicken**<br>Brown Rice*<br>Stir Fry Vegetable Blend<br>Broccoli<br>Fresh Apple | NEW **Taco with Turkey, Beans, and Cheese**<br>Corn Tortilla*<br>Cabbage<br>Chuckwagon Corn<br>Mandarin Orange Cup | **Pasta Florentine with Chickpeas**<br>Whole Wheat Pasta*<br>Parslied Carrots<br>Yellow Squash<br>Pear Cup |
| 9 | 10 | 11 | 12 | 13 |
| **Omelet with Cheese**<br>Whole Wheat Goldfish Crackers*<br>Stewed Tomatoes<br>Diced Potatoes<br>Fresh Orange | **Manicotti with Turkey Marinara Sauce**<br>Whole Wheat Bread*<br>Capri Vegetable Blend<br>Seasoned Spinach<br>Peach Cup | **Closed for Veteran's Day Holiday** | **Tuna Noodle Casserole**<br>Whole Wheat Roll*<br>Brussels Sprouts<br>4-Way Vegetable Blend<br>Papaya Cup | **Chicken Tikka Masala**<br>Brown Rice*<br>Green Peas<br>Cauliflower<br>Fresh Apple |
| 16 | 17 | 18 | 19 | 20 |
| **Chicken Enchilada Verde**<br>(Corn Tortilla in entree*)<br>California Vegetable Blend<br>Pinto Beans<br>Tropical Fruit Cup | **Meatloaf with Zesty Tomato Sauce**<br>*(protein sources: beef, soy, egg)*<br>Whole Wheat Roll*<br>Mashed Potatoes<br>Brussels Sprouts<br>Fresh Apple | *Celebrating November Birthdays!*<br>**Lentil Stew**<br>Whole Wheat Biscuit*<br>Herbed Zucchini<br>Chuckwagon Corn<br>Pear Cup<br>Birthday Muffin | **Chicken Fried Rice**<br>Whole Wheat Bread*<br>Pacific Vegetable Blend<br>Cauliflower<br>Fresh Orange | **Beef Stroganoff**<br>Whole Wheat Pasta*<br>Green Beans<br>Dill Carrots<br>Mixed Fruit Cup |
| 23 | 24 | 25 | 26 | 27 |
| **Chickpea Rice Casserole**<br>Whole Wheat Bread*<br>Mediterranean Vegetable Blend<br>Yellow Squash<br>Mixed Fruit Cup | **Beef Hamburger**<br>Whole Wheat Bun*<br>Sweet Potatoes<br>NEW Garlic Dill Coleslaw<br>Pineapple Tidbits Cup | *Thanksgiving Holiday Meal!*<br>**Turkey with Gravy and Stuffing**<br>Whole Wheat Roll*<br>Mashed Potatoes<br>Green Beans<br>Fresh Orange<br>Pumpkin Pie | **Closed for Thanksgiving Holiday** | **Closed for Thanksgiving Holiday** |
| 30 | | | **REHEATING INSTRUCTIONS:**<br>*DO NOT USE A TOASTER OVEN.*<br>-Peel back or pierce film to vent.<br>-Heat in oven at 350 degrees *OR* Microwave on HIGH.<br>**Frozen:**<br>-Oven= 30 minutes *OR* Microwave= 3-5 minutes.<br>**Thawed:**<br>-Oven= 10 minutes *OR* Microwave= 2-3 minutes. | |
| NEW **Creamy Dijon Dill Chicken**<br>Whole Wheat Pasta*<br>4-Way Vegetable Blend<br>Broccoli<br>Applesauce Cup | | All meals contain whole grain and are served with milk.<br>*Indicates whole grain product. | | |

## CONTACT US

| Dining Rooms and Service Areas<br>*Open for in-person congregate dining from 11:30am-12:30pm.*<br>*Call your site host to reserve your meal!* | Serving Days and Time | Site Host | Phone Number |
|---|---|---|---|
| **Atascadero, Templeton** \| Congregate Dining and Home Delivery | Mon - Fri @ 11:30 | Jill | (805) 466-2317 |
| **Cambria, San Simeon** \| Congregate Dining and Home Delivery | Tues & Thur @ 11:30 | Doug | (805) 952-2843 |
| **Los Osos** \| Congregate Dining and Home Delivery | Mon - Fri @ 11:30 | Kellie | (805) 528-6923 |
| **Morro Bay, Cayucos** \| Congregate Dining and Home Delivery | Mon - Fri @ 11:30 | Robert | (805) 772-4422 |
| **Nipomo** \| Congregate Dining and Home Delivery | Mon - Fri @ 11:30 | Monica | (805) 929-1066 |
| **Oceano, Five Cities** \| Congregate Dining and Home Delivery | Mon - Fri @ 11:30 | Whitney | (805) 489-5149 |
| **Paso Robles** \| Congregate Dining and Home Delivery | Mon - Fri @ 11:30 | Marlene | (805) 238-4831 |
| **San Luis Obispo** \| Congregate Dining and Home Delivery | Mon - Fri @ 11:30 | Larissa | (805) 543-0469 |
| **Santa Margarita** \| Congregate Dining | Mon & Wed @ 11:30 | Becky | (805) 952-2845 |
| **San Miguel** \| Congregate Dining | Mon & Wed @ 11:30 | Carmelita | (805) 471-0300 |

*Menu items are subject to change based on availability and other operational needs. Thank you for your understanding!*

November 2026

# Food For Thought!

www.mealsthatconnect.org

# PICKLE FESTIVAL 2026 RECAP

Meals That Connect's 3rd Annual Pickle Festival took place on October 10th, featuring around 50 local food and beverage vendors!



Guests enjoyed creative treats like pickle pizza, dill mac salad, and pickle fudge, plus 21+ sips like pickle lager and pickle margaritas.



We wrapped up the day with a pickle-eating contest that was kind of a big dill!





*MTC Board of Directors having a dill-lightful time at Picklefest!*

Volunteer News & Training – by Lauren Hogan MS, RDN

## Accident Preventation and Lifting Safely

*Follow these safety practices to help prevent accidents.*

**Slips, Trips, and Falls →** Some prevention reminders



- Wear proper, slip-resistant footwear.
- Maintain a clean environment.
- Practice good housekeeping practices that keep walkways free of clutter.
- Keep floors clean and dry. Clean up spills promptly.
- Notice and mark slip or trip hazards.
- Practice safe work practices.

**Burns →** Some prevention reminders to limit the risk



- Wear protective clothing, long pants & closed-toed shoes.
- Use appropriate personal protective equipment. Use oven mitts and pot holders.
- Use caution when opening ovens, steamers, containers, and equipment that may be hot. Open away from face.
- Use caution when removing items from microwave.
- Keep pot handles positioned inward to not bump.
- Maintain ventilation and fire suppression systems
- Do not lean or reach over hot surfaces.
- Carry hot foods and liquids with caution.
- Clearly communicate when carrying hot foods or liquids.
- Do not leave hot equipment unattended.

**Cuts and Lacerations →** Practice safe handling, use, and storage of knives and other sharp utensils.



- Always direct the cut away from the body.
- Keep cutlery sharpened and in good condition.
- Keep knives in designated storage area.
- Do not store the blades with the cutting edge exposed.
- Do not put knives and other sharp objects into sinks between periods of use.
- Use stable cutting board.
- Carry knives with point down and cutting edge away from body.
- Handle any broken glass and dishware safely.



**Electrical Safety →** Here are some safety tips

- Avoid water contact, keep electrical equipment dry.
- Do not use equipment with damaged cords or plugs.
- Properly store cables, use cable management solutions.
- Do not overload outlets or power strips.

**Lifting Safely →** Safe lifting and carrying techniques



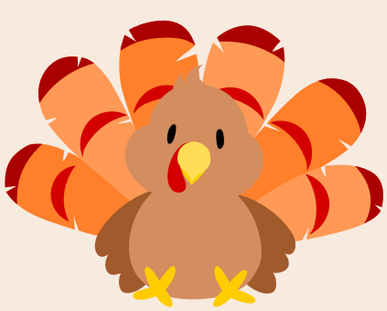
- Assess the load: Consider weight, size, and shape.
- Use proper body mechanics: Bend at your hips and knees, keep your back neutral, and keep the load close to your body.
- Lift with your legs: Rather than using your back.
- Maintain a stable stance: Feet shoulder-width apart.
- Team lift when needed: Ask for help when needed.
- Secure grip: Use both hands.
- Check your path: Make sure the walkway is clear.
- Take breaks: Stay hydrated and rest between tasks.
- Use mechanical aids: Use carts and dollies for help.

*Please report hazards, workplace injuries, damaged equipment, or unsafe working conditions to your site host.*

## Happy Thanksgiving From Meals That Connect

We want to give a special thanks to our volunteers and staff who make Meals That Connect what it is today.

To our clients, thank you for being a part of our community. We hope our program brings you not only nutritious meals, but connection, comfort, and joy!



## Thank you, Taco Works!

Meals That Connect is excited to announce that Taco Works will be generously donating their delicious tortilla chips to accompany our meals throughout 2027! We are grateful to receive support from a SLO County local favorite and look forward to sharing their tortilla chips with our participants! Thank you, Taco Works!



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

Mechanics Bank Where Relationships Matter · Rotary · County of San Luis Obispo · Taco Works · PG&E · Area Agency on Aging For San Luis Obispo and Santa Barbara Counties · CenCal HEALTH Local. Quality. Healthcare.