



# December 2025 Menu

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

**\*Indicates Whole Grain Product**

All meals contain whole grain and are served with milk.

Nourishing SLO County seniors with more than just meals.

**DO YOU NEED TO CANCEL A MEAL?**  
**WE ASK FOR TWO DAYS NOTICE TO CANCEL, SUSPEND and/or RESUME MEALS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>White Bean Chili (Chicken)</b> Graham Crackers* Capri Veg Blend Green Beans Almondine Fresh Orange	<b>Fish Sandwich</b> WW Bun* Coleslaw Scandinavian Veg Blend Peach Cup	<b>Jambalaya (Turkey) w/ Rice*</b> Chuckwagon Corn Brussels Sprouts Pineapple Cup	<b>Southwest Sweet Potatoe &amp; Black Bean Casserole</b> Winter Veg Blend WW Roll* Mango Cup	<b>Spaghetti* w/ Marinara Meat Sauce (Turkey)</b> Peas & Carrots Herbed Zucchini Papaya Cup
8	9	10	11	12
<b>Chicken Fajita Bowl w/ Brown Rice*</b> Black Beans Chuckwagon Corn Tortilla* Fresh Orange	<b>Vegetarian Chili</b> Green Beans Carrots Oatmeal Cookie* Apricots	<b>Shepherd's Pie</b> Mashed Potatoes w/ Cheese 4 way blend vegetable Graham Cracker* Pear Cup	<b>Lentil Rice Turkey Casserole</b> Country Blend Veg Pickled Beets Tropical Fruit Cup	<b>Beef Stroganoff* (ground beef)</b> Herbed Zucchini 5 Way Blend Veg Mango Cup
15	16	17	18	19
<b>Cheese Ravioli w/ Meat Sauce (Turkey, pork)</b> Seasoned Carrots Peas & Carrots Cheeze-It Crackers* Papaya Cup	<b>Tamale Verde (beef)</b> Roasted Corn Blend Germany Blend Veg Graham Crackers* Pineapple Cup	<i>Celebrating</i> <b>Omelette w/ Cheese</b> Roasted Sweet Potatoes Stewed Tomatoes Birthday Muffin!* Fresh Orange <i>December Birthdays!</i>	<b>Turkey Goulash w/ Penne Pasta*</b> Sicilian Blend Pea Salad Applesauce	<b>Chicken Stew w/ Potatoes</b> Goldfish* California Gold Blend Zucchini Mango Cup
22	23	24	25	26
<b>Swiss Steak (Beef)</b> Glazed Carrots Winter Blend Veg WW Bread* Tropical Fruit Cup	<b>Asian Chicken Salad (WW Pasta*)</b> Spring Mix Broccoli Slaw Peach Cup	<b>Roast Pork w/ Gravy</b> Mashed Potatoes Germany Veg Blend WW* Roll Applesauce	 <b>Closed December 25<sup>th</sup> - January 2nd</b>	
29	30	<p><b>REHEATING INSTRUCTIONS: DO NOT USE A TOASTER OVEN</b></p> <ul style="list-style-type: none"> <li>-Peel back or pierce film to vent</li> <li>-Heat in oven at 350 degrees OR Microwave on HIGH</li> <li>-Frozen in Oven+30 minutes Frozen in Microwave= 3-5 minutes</li> <li>-Thawed in Oven = 10 minutes, thawed in Microwave = 2-3 minutes</li> </ul>		

**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 Host	Phone Number
** Atascadero, Templeton	Mon-Fri @ 11:30	Jill	(805) 466-2317
Cambria, San Simeon	Tues&Thur @ 11:30	Crystal	(805) 952-2843
Los Osos	Mon-Fri @ 11:30	Kellie P.	(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	Doug	(805) 543-0469
** San Miguel (Congregate Dining Only)	Mon & Wed @ 11:30	Amanda	(805) 471-0300



December 2025

# Food For Thought!

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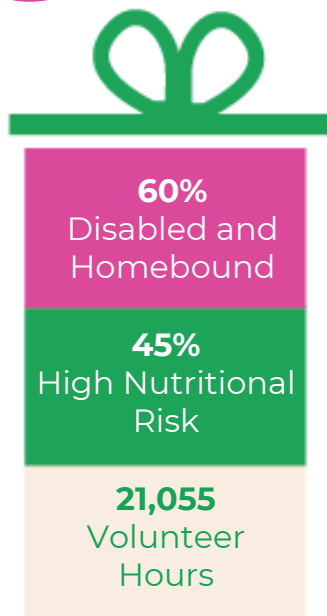
Even the Grinch's heart grew

## THREE SIZES

when he saw the kindness shared with our seniors this holiday season



### 2024-2025 Our Impact



**"You don't just bring food - you bring life to my doorstep."** -Eleanor, 92

### Consider a Legacy Gift

*"Leave a legacy; make a mark on the world that can't be erased."*

-Maya Angelou

Consider including Meals that Connect in your will. Through planned giving, you leave a lasting impact by providing nutrition and meaningful human connection to seniors in San Luis Obispo County. Create a legacy that will continue to make a difference.

### Upcoming Holiday Closures

- December 25<sup>th</sup> (Christmas)
- December 26<sup>th</sup> - January 2<sup>nd</sup>  
Resume Service on Monday January 5<sup>th</sup>.



Let your site host know if you want to reserve meals!

### Christmas Meal Opportunities ( December 25, 2025 )

- **SLO Community Holiday Feast:** (Odd Fellow's Hall, 520 Dana Street San Luis Obispo, CA 93401 at 2:45 to 5:45pm.) Home cooked holiday feast and care packages available!
- **ECHO** (Paso Robles and Atascadero) 5-6pm serving meals

### Volunteer News – Barbara Horne, R.D,CSG



### First Aid Steps



#### Checking an Injured or Ill Person

1. **CHECK** the scene for safety, form an initial impression, obtain consent, and use personal protective equipment (PPE).
2. If the person appears unresponsive, **CHECK** for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout. Note: Check for no more than 10 seconds.
3.
  - a. If the person does not respond, or has another obvious life-threatening condition, **CALL 9-1-1** and get equipment, or tell someone to do so. Then, give **CARE** based on the condition found and your level of training. Note: For a person who is unresponsive and not breathing, **start CPR** and **use an AED** immediately.
  - b. If the person is responsive and is fully awake and does not appear to have a life-threatening condition:
    - i. Interview the person (or bystanders, if necessary), ask questions about **Signs** and **Symptoms**, **Allergies**, and **Medical conditions (SAM)**.
    - ii. Do a focused check based on what the person told you, how the person is acting, and what you see. Note: Do not ask the person to move if you suspect a head, neck or spinal injury. Do not ask the person to move any area of the body that causes discomfort or pain. Note: Take note of any medical identification tags.
4. After completing the **CHECK** step, If needed, **CALL 9-1-1** and get equipment, or tell someone to do so. Then, give **CARE** based on the condition found and your level of training.



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



CenCal HEALTH  
Local. Quality. Healthcare.



Thank you to  
**Guber Family Trust**