

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Chili Beans Zucchini Broccoli Apricots Crackers Milk	Breaded Haddock Rice Brussels Sprouts Carrot Salad Fruit Cocktail Milk	Whole Wheat Spaghetti in Meaty Marinara Sauce Cooked & Seasoned Spinach Romaine Salad w/Dressing Pineapple Tidbits Milk	Beef Patty w/Low-Salt Gravy Mashed Potatoes Green Beans Peaches Slice of W.W. Bread Milk	Hawaiian Chicken Salad Cole Slaw Pea Salad Whole Apple Crackers Milk
8	9	10	11	12
Turkey w/Low-Salt Gravy Stuffing Brussels Sprouts Pickled Beets Pears Milk	Chicken Patty w/Low-Salt Gravy Sweet Potatoes Cole Slaw Whole Banana Graham Crackers Milk	Cheese Ravioli in Meatless Marinara Sauce Green Beans & Corn Romaine Salad w/Dressing Mandarins & Pineapple Milk	Swedish Meatballs W.W. Pasta Mixed Veggies Carrot Salad Whole Orange Milk	Cheese Enchilada in Meatless Red Sauce Refried Beans Cauliflower Corn Salad Applesauce Milk
15	16	17	18	19
Chili Beans w/Chicken Zucchini Green Bean Salad Whole Orange Crackers Milk	Omelet w/Cheese Baked Potatoes Stewed Tomatoes Pineapple Tidbits Bran Muffin Milk	Meat & Cheese Lasagna Cooked & Seasoned Spinach Summer Squash Birthday Muffin Whole Banana Milk	Chicken Stew Romaine Salad w/Dressing Broccoli Apricot Crisp Dinner Roll Milk	Tuna Salad Pea Salad Carrot Salad Whole Orange Slice of Rye Bread Milk
22	23	24	25	26
Pork Rib Patty Sweet Potatoes w/Apples Brussels Sprouts Fruit Cocktail Graham Crackers Milk	Cheese Enchilada in Blanca Sauce w/Chicken Succotash Cole Slaw Peaches Milk	Sweet & Sour Meatballs Brown Rice Cauliflower Pea Salad Whole Apple Milk	Oven Baked Chicken Leg w/Low-Salt Gravy Mashed Potatoes Green Beans Sliced Pears Slice of W.W. Bread Milk	Breaded Haddock Brown Rice Mixed Vegetables Carrot Salad Whole Orange Milk
29	March 1	2	3	4
Cheese Enchilada in Red Sauce w/Chicken California Blend Veggies Zucchini Applesauce Milk	Chicken Sandwich w/Fixins on Whole Wheat Bun Carrot Salad Corn Whole Orange Milk	Italian Noodle Casserole Spinach Salad Italian Blend Veggies Pineapple Tidbits Milk	Chicken Alfredo Broccoli Romaine Salad w/Dressing Apricot Crisp Milk	Black Eyed Pea Salad Hard-Boiled Egg Pickled Beets Cole Slaw Whole Banana Crackers Milk



Food For Thought!

A monthly publication of the Senior Nutrition Program of SLO County

Executive Director: Elias Nimeh
Editor: Jeniffer Dienhart-Mitchell
Dietitian: Wendy Fertschneider, R.D.



February 15th
Dolores Beltran, Central Kitchen Cook

February 18th
Mike Miller, Cambria Site Manager

Cancellations & Reservations

If possible, please call to **cancel or re-start** your meals
2 BUSINESS DAYS IN ADVANCE

Site Locations:	Dining Room Serving Time	Site Manager	Phone Number
Atascadero and Templeton	11:30	Liz	466-2317
Cambria	11:45	Jesse/ Mike	927-1268
Los Osos	11:30	Norma	528-6923
Morro Bay Dining Room	11:45	Marilee/ Kat	772-4422
Morro Bay/Cayucos Home-Delivery	Call: 772-3110		
Nipomo	12:00	Sandy	929-1066
Oceano: Arroyo Grande, Grover, Pismo, Oceano	11:30	Debbie	489-5149
Paso Robles	11:30	Marlene	238-4831
Santa Margarita	11:30	Eva/ Fred	438-5854
San Luis Obispo Sites:			
San Luis Obispo Home Delivery	Call: Kris at 543-0469		
Downtown: Anderson Hotel	11:30	Kris	543-0469
Laguna Lake Area: U.C.C. Church	11:30	Les	541-1168
Main Office: 541-3312	Central Kitchen: 541-2063		



CenCal Health Awards Grant to Senior Nutrition

On behalf of our clients who depend on the Senior Nutrition Program for much needed meals we would like to extend our sincere thanks and gratitude to **CenCal Health** for awarding our program a matching grant of up to **\$100,000!** This grant will provide immense financial relief to our program. The struggle to keep Senior Nutrition Program operational has grown increasingly difficult in recent years and this amount of funds will ensure continued service to seniors and keep our program going for years to come. Thank you, CenCal Health!



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Staff Update

Senior Nutrition Program's Resource Manager, *Tina Solomon*, has exceeded expectations through her hard work and dedication to SNP. For the past two years Tina (pictured at right) has led and coordinated our annual fundraiser, Night of a Million Meals, as well as our Wine, Women & Wardrobe shopping trip and each event has been tremendously successful. Keep up the great work, Tina!



We'd like to welcome a new member to the SNP team. *Claudette Hunter* (pictured at left) will be an assistant to Tina Solomon and help with fundraising efforts. Claudette started out as a volunteer in the Los Osos Dining Room and is still an active volunteer. Welcome to SNP, Claudette!

New Equipment Made Possible by Area Agency on Aging

We appreciate the continued support from the *Area Agency on Aging*. Recently Senior Nutrition received much needed one time only funds from AAA. These funds allowed SNP to serve more meals in our dining rooms, purchase new gel packs to keep home delivered meals hot, pay for a new engine on one of our delivery trucks, and purchase a new freezer for the Morro Bay Dining Room.



Board of Director Members Host Holiday Party

A special thank you to SNP Board of Directors Members, *Natalie Tartaglia* and *Debbie Trout*, for their hospitality in hosting a holiday party on December 2nd at their new downtown offices. Delicious food and good company made for a festive get together!
In photo L-R: Natalie and Debbie



A Gift from Morro Bay Meals on Wheels

We'd like to recognize *Morro Bay Meals on Wheels* for their generosity in the purchase of six hot and cold packs and 3 insulated carry bags to be used for home delivered meals. Using these specialized gel packs and carry bags ensures that our home delivery clients receive their meals at the correct temperatures.



Calling All VOLUNTEERS

I hope you all read last month's article about the Volunteer Training meeting being held on March 22nd from 1-5 p.m. in San Luis Obispo. Beginning February 9th, you can sign up with your Site Manager to attend. Please sign up in advance so we can plan on the food for dinner! We will have interesting guest speakers, fun activities and delicious food! If you have never been to a Volunteer Training, or if it has been a couple years, please join us. Volunteers include: drivers, kitchen helpers, dining room helpers, and PAC members. Come one, come all!



Striving for Menu Variety

If it's chicken legs on the menu, it must be Thursday. Have you ever wondered why certain foods only appear on certain days, or why we repeat some menu items so frequently? Instead of using a cycled menu that repeats over and over every month the Central Kitchen Director, Irene, and I write a new menu every month. However because of many dietary restrictions, the menu can seem repetitive, now more than ever.

There is undoubtedly less variety on the menu than there used to be. The primary reason for this is the restrictions we must meet on salt or sodium in the meals. We have had to calculate and track the sodium content of the meals for years. The 2010 Dietary Guidelines called for even stricter limits on salt. Since tracking the sodium we have gradually eliminated or limited the high salt foods. The first to go was the very popular Polish Sausage. Ham and other sausage products quickly followed. Until we found some delicious low sodium tomato products we had to watch our Italian dishes. We have experimented with some low sodium meats. Some were abandoned for their poor texture and flavor.

Our meals are planned not just with the sodium restrictions but with other menu guidelines as well. Each meal includes two servings of vegetables, one fruit and one grain in addition to the entrée. Desserts were abandoned when they were no longer part of the meal pattern required by the State. We work to keep costs down and production work manageable for the staff and equipment. Within all these parameters, we do strive to provide as much variety as possible. We welcome suggestions for new recipes and dishes.

-Wendy Fertschneider, R.D.

Senior Nutrition Program of San Luis Obispo County would like to thank the following organizations for their continued support of our program!



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