

**DECEMBER 2017**

**C.C. CAFE**

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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

CALL (925) 771-7641 to make your reservation



\* = Vitamin C  
 \_ = Vitamin A  
 ( ) = Dessert of Choice  
 All meals served w/low fat milk.



Ordering for a class or Bingo?  
 You will need to order from our NEW  
 Bistro Meals Calendar.



**COLD PLATE**  
 Roasted Turkey Sandwich  
 Pumpkin Celery Soup  
 Marinated Broccoli Salad  
 Potato Salad  
 Lettuce & Tomato  
 Mustard & Mayonnaisse  
 100% WW Bread X2  
 Mixed Fruit

4

5

6

7

8

Vegetarian Bean Burrito  
 w/Red Sauce & Cheese  
 Mexicali Corn  
 Mixed Green Salad  
 w/Creamy Italian Dressing  
 \* Mandarin Oranges



Cod Fish Sandwich w/Cheese  
 Clam Chowder  
Steamed Carrots  
 \* Coleslaw  
 Whole Grain Bun  
 Tartar Sauce  
 Lemon Pudding  
 (Sliced Peaches)

Roast Beef w/Gravy  
 Baked Potato  
Vegetable Bean Medley  
 \* Tossed Green Salad  
 w/Honey Mustard Dressing  
 Dinner Roll w/Butter  
 Fresh Fruit

**COLD PLATE**  
 Tuna Salad Sandwich  
 Chicken Noodle Soup  
 Garden Pea Salad  
 Pickled Beets & Onions  
 Lettuce & Tomato  
 Mustard & Mayonnaisse  
 Rye Bread  
 \* Tropical Fruit



Oven Fried Chicken  
 Macaroni and Cheese  
Capri Vegetables  
Spinach Salad  
 w/Catalina Dressing  
 Cinnamon Applesauce

11

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**COLD PLATE**  
 Curried Chicken Salad  
 on a Bed of Mixed Greens  
 Lentil Soup  
 Carrot Raisin Salad  
 Pickled Beets & Onions  
 Dinner Roll w/Butter  
 \* Tropical Fruit



Beef Sukiyaki  
 Mixed Vegetables  
 \* Mixed Cabbage Salad  
 w/Poppy Seed Dressing  
 & Crispy Noodles  
 Brown Rice  
 Fortune Cookie  
 \* Mandarin Oranges

Pork Carnitas w/Salsa  
 Orange Juice  
 Black Beans  
 Spanish Rice  
 Mixed Green Salad  
 w/Ranch Dressing  
 Ice Cream (Apricots)



Spinach & Mushroom Alfredo  
 Pasta w/Parmesan Cheese  
Vegetable Bean Medley  
 Tossed Salad  
 w/Creamy Italian Dressing  
 Banana Cake  
 (Banana)

Spaghetti & Meatballs  
 w/Parmesan Cheese  
Steamed Broccoli  
 Sliced Beets  
 Mixed Green Salad  
 w/Blue Cheese Dressing  
 Cherry Gelatin w/Pears  
 (Diet Cherry Gelatin w/Pears)

18

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Stuffed Pepper  
 California Blend  
 \* Garlic Mashed Potatoes  
 \* Mixed Green Salad  
 w/Balsamic Vinaigrette  
 Sherbet  
 (Peaches)

**PLEASANT HILL HOLIDAY  
 PARTY IN THE CHATEAU ROOM**  
 Virginia Baked Ham  
 w/Pineapple-Raisin Sauce  
 Whipped Sweet Potatoes  
 \* Green Beans w/Red Peppers  
 WW Roll w/Butter  
 Pistachio Fluff  
 (Banana)

Garlic Chicken Breast  
 Savory Bean Soup  
Capri Vegetables  
 \* Roasted Potatoes  
 \* Citrus Fruit



Fish Taco w/Flour Tortilla  
 Corn Chowder  
 Cilantro Lime Coleslaw  
 Pinto Beans  
 Salsa  
 Tangerine

**Pleasant Hill Senior Center  
 and Café are Closed!**



25

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**HOLIDAY**



**COLD PLATE**  
 Waldorf Chicken Salad  
 on Mixed Greens  
 Mushroom Barley Soup  
 Carrot Raisin Salad  
 3 Bean Salad  
 Hawaiian Roll w/Butter  
 \* Orange

BBQ Pork Rib Patty  
 \* Cheesy Scalloped Potatoes  
 \* Broccoli  
 Mixed Green Salad  
 w/Ranch Dressing  
 Chocolate Pudding  
 (Peaches)

Colossal Hot Dog w/Cheese  
 Baked Beans  
 \* Potato Salad  
 Tossed Salad  
 w/Honey Mustard Dressing  
 Catsup, Mustard,  
 Onion, Relish  
 Bun  
 Fresh Fruit

Alaskan Salmon Patty  
 w/Dill Sauce  
Mixed Vegetables  
 Rice Pilaf  
 Mixed Cabbage Salad  
 w/Poppy Seed Dressing  
 & Crispy Noodles  
 Tropical Fruit



**4 DAILY ENTRÉE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**