

Monday

Tuesday

Wednesday

Thursday

Friday



Call (925) 771-7641 to make your reservation. Reservations must be made before 12pm the business day before service. If you are taking a class or visiting us for a program, please order from the Bistro Menu. Want to see the Bistro Menu options? Grab a copy in the Dining Room at the Senior Center or E-mail Ceternal@pleasanthillrec.com

1
Creamy Mushroom Chicken
Tender Green Beans
w/Red Peppers
 * **Mashed Potatoes**
Whole Wheat Roll
w/Butter
Big Cookie
(Fresh Fruit)

2
All American Hot Dog
w/Cheese & Onions
Mixed Vegetables
 * **Potato Salad**
Mustard, Catsup, Relish
Bun
Orange Gelatin w/Mandarins
(Diet Orange Gelatin
w/Mandarins)

5

Meatloaf w/Gravy
 * **Garlic Mashed Potatoes**
 * **Broccoli**
Mixed Green Salad
w/Thousand Island Dressing
Fresh Fruit

6

BBQ Pulled Pork
Succotash
 * **Seasoned Potato Wedges**
Mixed Green Salad
w/Balsamic Vinaigrette
Bun
Pineapple Chunks

7

COLD PLATE:
Curried Chicken Salad
on Mixed Greens
Lentil Soup
4-Bean Salad
Carrot-Raisin Salad
Hawaiian Roll w/Butter
 * **Tropical Fruit**

8

Turkey Lasagna
w/Parmesan Cheese
Italian Vegetables
Diced Beets
Dinner Roll w/Butter
 * **Citrus Fruit**

9

Breaded Cod Fish
Clam Chowder
Rice Pilaf
 * **Spinach Salad**
w/Catalina Dressing
Tartar Sauce
Applesauce

12

COLD PLATE:
Mock Crab Salad
Potato Leek Soup
Pickled Beets & Onions
Garden Pea Salad
French Bread
Lettuce & Tomato
 * **Mandarin Oranges**

13

Oven Fried Chicken
 * **Whipped Sweet Potatoes**
 * **Seasoned Collard Greens**
Tossed Salad
w/Ranch Dressing
Cherry Gelatin w/Pears
(Diet Cherry Gelatin
w/Pears)

14

VALENTINE'S DAY PARTY
Roast Beef w/Gravy
 * **Baked Potato**
 * **California Blend**
Mixed Green Salad
w/Blue Cheese Dressing
Dinner Roll w/Butter
Strawberry Cheesecake
(Diced Peaches)

15

Savory Pork Stew over Rice
Capri Vegetables
 * **Cabbage Salad**
w/Poppy Seed Dressing
and Crunchy Noodles
Fresh Fruit

16

WALNUT CREEK
CELEBRATES
CHINESE NEW YEAR
Pineapple Chicken
Bok Choy Soup
Spring Bean Medley
Brown Rice
Fortune Cookie
 * **Lucky Tangerine**

19

PRESIDENT'S DAY
HOLIDAY



* **Spinach & Mushroom Alfredo**
Pasta w/Parmesan Cheese
 * **Orange Juice**
Vegetable Bean Medley
Tossed Salad
w/Creamy Italian Dressing
Sherbet
(Fresh Fruit)

20

PRESIDENT'S DAY
CELEBRATION

Tuna Salad on Mixed Greens
Tomato Basil Soup
 * **Marinated Vegetable Salad**
Pickled Beets & Onions
Roll w/Butter
Banana Cream Pie
(Banana)

21

Southern BBQ Chicken Breast
Healthy Vegetable Soup
 * **Potato Salad**
Vegetable Bean Medley
Sourdough Roll w/Butter
Pineapple Chunks

22

Spaghetti & Meatballs
w/Parmesan Cheese
 * **Orange-Pineapple Juice**
Sliced Carrots in Lite Sauce
Italian Green Beans
Vanilla Pudding
(Fresh Fruit)

23

Alaskan Salmon Patty
w/Dill Sauce
Green Peas w/Pearl Onions
Wild Rice
 * **Pineapple Coleslaw**
 * **Citrus Fruit**

26

* **Spinach & Mushroom Alfredo**
Pasta w/Parmesan Cheese
 * **Orange Juice**
Vegetable Bean Medley
Tossed Salad
w/Creamy Italian Dressing
Sherbet
(Fresh Fruit)

27

Traditional Old Fashioned
Turkey Dinner w/Gravy
Tender Green Beans
 * **Mashed Potatoes**
Stuffing
Cranberry Sauce
Raspberry Gelatin w/Pears
(Diet Raspberry Gelatin
w/Pears)

28

NEW ITEM!
Swiss Beef Patty
Mixed Vegetables
 * **Cheesy Scalloped Potatoes**
Whole Wheat Roll
w/Butter
Peaches

= Item is higher in sodium
 * = Vitamin C
 _ = Vitamin A
 () = Dessert of Choice
 All meals served w/low fat milk.



DELICIOUS DECISIONS!

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