

MARCH 2018

C.C. CAFE

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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



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

COLD PLATE
 Chicken Salad Sandwich
 Mushroom Barley Soup
 Carrot Raisin Salad
 * Pineapple Coleslaw
 Lettuce & Tomato
 Thin Whole Grain Bun
 Banana

Lincoln's Log Cabin
 Hearty Beef Stew
 * Winter Vegetable Blend
 Mixed Green Salad w/1000 Island Dressing
 Dinner Roll w/Butter
 Applesauce



5

6

7

8

9

Breaded Cod Fish w/Lemon Slice
 Clam Chowder
 Peas w/Red Peppers
 Fluffy Rice Pilaf
 * Coleslaw
 Fresh Fruit



COLD PLATE

Thin Ham Slices
 Split Pea Soup
 Pickled Beets & Onions
 Carrot Raisin Salad
 Lettuce & Tomato
 Mustard, Mayonnaise
 Whole Wheat Bread x2
 * Tropical Fruit

Baked Chicken Tahitian
 Egg Drop Soup
 Green Beans
 Mixed Green Salad w/Asian Dressing
 Fried Rice
 * Mandarin Oranges



* Creamy Vegetarian Lasagna
 California Blend
 Tossed Salad w/Balsamic Vinaigrette
 Strawberry Gelatin w/Mixed Fruit
 (Diet Strawberry Gelatin w/Mixed Fruit)

Chicken Marsala
 Italian Vegetables
 * Mashed Potatoes
 Roll w/Butter
 Chocolate Pudding (Fresh Fruit)

12

13

14

15

16

Breaded Chicken Sandwich
 Corn Chowder
 * Potato Wedges
 Sliced Carrots
 Lettuce, Pickles
 Mayonnaise
 Bun
 Mixed Fruit



Meat Ravioli w/Marinara Sauce & Parmesan Cheese
 Spring Bean Medley
 Tossed Salad w/Creamy Italian Dressing
 Whole Wheat Roll w/Butter
 * Citrus Fruit

COLD PLATE

Turkey Sandwich
 Cream of Tomato Soup
 Pickled Beets & Onions
 * Potato Salad
 Lettuce & Tomato
 Mustard, Mayonnaise
 Whole Wheat Bread x2
 Peaches

Pork Carnitas
 Posole Soup
 Mexicali Corn
 * Spinach Salad w/Catalina Dressing
 Salsa
 Flour Tortilla
 Pineapple Chunks

ST. PATRICK'S DAY PARTY
 Delicious Corned Beef and Cabbage
 * Red Potatoes
 Mixed Vegetables
 Rye Bread w/Butter
 Mustard
 Leprechaun Cake (Applesauce)



19

20

21

22

23

BBQ Pork Rib Patty
 Green Beans
 * Scalloped Potatoes
 Roll w/Butter
 Fresh Fruit



HELLO SPRING!

Chicken Fajitas
 * Mexicali Corn
 California Blend
 Flour Tortilla
 Salsa
 Lime Sherbet (Banana)



Swedish Meatballs
 Collard Greens w/Onions
 * Stewed Tomatoes
 Brown Rice
 Mixed Green Salad w/Blue Cheese Dressing
 Pears

Fish Sandwich w/Cheese
 Potato Leek Soup
 Succotash
 Tossed Green Salad w/Balsamic Vinaigrette
 Tartar Sauce
 Bun
 * Tropical Fruit

Tempting Turkey Tamale Pie w/Corn Bread Topping
 Sliced Carrots
 Pinto Beans
 Mixed Green Salad w/Ranch Dressing
 * Mandarin Oranges



26

27

28

29

30

Turkey a la King
 Grape Juice
 * Winter Vegetable Blend
 Sliced Beets
 Biscuit
 * Tropical Fruit



Sweet & Sour Pork
 * Broccoli Spears
 Steamed Rice
 Tossed Salad w/1000 Island Dressing
 Fresh Fruit

COLD PLATE

Asian Chicken Salad (*Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles)
 Bok Choy Soup
 4-Bean Salad
 Hawaiian Roll w/Butter
 * Citrus Fruit

Texas Style BBQ Beef
 Chicken and Rice Soup
 Spring Bean Medley
 Whole Kernel Corn Bun
 * Fresh Orange

Beer Battered Fish & Chips
 Capri Vegetables
 * Coleslaw
 Tartar Sauce, Vinegar
 * Lemon Cake (Banana)



DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAR. 16, 20! 4 DAILY ALTERNATIVE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!