

**AUGUST 2019**

Monday

**Pleasant Hill**

Tuesday

**C.C. CAFÉ**

Wednesday

**Pleasant Hill**

Thursday

**AUGUST 2019**

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, like BINGO, please order from the Bistro Menu. Want to see the Bistro Menu options? Flip this page over.

Want to talk to your Cafe Manager? E-mail



= Item is higher in sodium

\* = Vitamin C

— = Vitamin A

( ) = Dessert of Choice

All meals served w/low fat milk.

**COLD PLATE**

Turkey Salad Sandwich

w/Lettuce & Tomato

Cream of Tomato Soup

Carrot Raisin Salad

4-Bean Salad

100% WW Bread X2

\* Cantaloupe



**Cheese Omelet**

w/Salsa

Pork Sausage

\* Roasted Red Potatoes

\* Steamed Spinach

Muffin

(Fresh Fruit)

5

**Salisbury Steak**  
w/Onion Gravy  
\* **Stewed Tomatoes**  
\* **Mashed Potatoes**  
**Green Salad**  
w/1000 Island Dressing  
**Seasonal Fresh Fruit**



6

**COLD PLATE**

\* **Asian Chicken Salad**  
(Mandarin Oranges, Spring Mix, Sesame Seed Dressing, and Crispy Noodles)  
\* **Egg Drop Soup**  
\* **Marinated Broccoli Salad**  
**Hawaiian Roll w/Butter**  
**Tapioca Pudding**  
(Fresh Fruit)

7

**Potato Crusted Fish**  
**Hearty Vegetable Soup**  
Capri Vegetables  
**Rice Pilaf**  
\* **Pineapple Coleslaw**  
**Tartar Sauce**  
\* **Watermelon**



8

**Spinach & Mushroom Alfredo**  
**Pasta w/Parmesan Cheese**  
\* **California Blend**  
**Tossed Salad**  
w/Balsamic Vinaigrette  
**Mixed Fruit**

9

**Turkey Dinner w/Gravy**  
**Spring Bean Medley**  
\* **Mashed Potatoes**  
**Stuffing**  
**Cranberry Sauce**  
**Cherry Gelatin w/Pears**  
(Diet Cherry Gelatin w/Pears)

12

**Buffalo Chicken Drumsticks**  
**Cream of Spinach Soup**  
\* **Potato Salad**  
**Celery Sticks**  
w/Ranch Dressing  
**Seasonal Fresh Fruit**



13

**Join us for an Improv Show**  
**12:30pm in the Chateau!**

\* **Salmon Patty**  
w/Dill Sauce  
\* **Capri Vegetables**  
\* **Cheesy Scalloped Potatoes**  
**Lemon Meringue Pie**  
(Chilled Peaches)

14

**Turkey Tamale Pie**  
w/Cornbread Topping  
\* **Broccoli Florets**  
**Tossed Salad**  
w/Champagne Vinaigrette  
**Vanilla Pudding**  
(Diced Pears)

15

**COLD PLATE**

**Roast Beef & Swiss**  
on Rye Bread  
**Split Pea Soup**  
**Marinated Beets & Onions**  
\* **Creamy Coleslaw**  
**Lettuce & Tomato**  
**Mustard, Mayonnaise**  
**Seasonal Fresh Fruit**

16

**Sweet and Sour Pork**  
over Brown Rice  
\* **Orange Pineapple Juice**  
**Mixed Vegetables**  
**Green Salad**  
w/Sesame Seed Dressing  
\* **Cantaloupe**

19

**Turkey Burger**  
w/Cheese  
\* **Broccoli and Carrots**  
\* **Potato Nuggets**  
**Lettuce, Tomato & Onion**  
**Catsup, Mustard & Mayo**  
**Bun**  
**Chocolate Ice Cream**  
(Mixed Fruit)

**Summer Celebration w/ Lemonade**

**Cheesy Lasagna Roll**  
w/Parmesan Cheese  
**Italian Green Beans**  
\* **Spinach Salad**  
w/Creamy Italian Dressing  
**Orange Gelatin**  
w/Mandarin Oranges  
(Diet Orange Gelatin w/Mandarin Oranges)

20

**CELEBRATE NATIONAL SENIOR CITIZENS DAY**

**Chili Dog**  
w/Cheese & Onions  
**Marinated Cucumber Salad**  
\* **Potato Salad**  
**Bun**  
**Banana**

22

**Breaded Pollock Fillet**  
**Clam Chowder**  
\* **Seasoned Potato Wedges**  
**Capri Vegetables**  
**Tartar Sauce**  
\* **Watermelon**



23

**Waldorf Chicken Salad**  
on Mixed Greens  
**Chicken Orzo Soup**  
\* **Tropical Fruit**  
**Pickled Beets**  
**Hawaiian Roll w/Butter**  
**Cookie**  
(Fresh Fruit)

26

**Chicken Fajita**  
w/Peppers & Onions,  
**Salsa and Flour Tortilla**  
**Pork Posole Soup**  
**Mexicali Corn**  
\* **Spinach Salad**  
w/Ranch Dressing  
**Sherbet (Applesauce)**

27

**Beef Sukiyaki**  
over Brown Rice  
\* **California Vegetables**  
**Tossed Salad**  
w/Honey Mustard Dressing  
**Seasonal Fresh Fruit**

28

**COLD PLATE**

**Seafood Louie Salad**  
on a Bed of Lettuce  
**Chicken & Rice Soup**  
Carrot Raisin Salad  
**Garden Pea Salad**  
**Roll w/Butter**  
\* **Cantaloupe**

29

**Tahitian Chicken Thigh**  
over Asian Sesame Noodles  
**Green Beans**  
\* **Pineapple Coleslaw**  
**Raspberry Gelatin w/Peaches**  
(Diet Raspberry Gelatin w/Peaches)

30

**Swedish Meatballs**  
over Herb Rice  
**Italian Vegetables**  
\* **Stewed Tomatoes**  
**Mixed Green Salad**  
w/Ranch Dressing  
**Butterscotch Pudding**  
(Fresh Fruit)

**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEAL ON AUGUST 21!**

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