

Monday

Tuesday

Wednesday

Thursday

Friday

2

3

4

5

6



**LABOR DAY CELEBRATION**

- Krabby Cake
- Clam Chowder
- \* **Extra Cheesy Scalloped Potatoes**
- \* **Broccoli Florets**
- Tartar Sauce
- Seasonal Fresh Fruit

**COLD PLATE**

- Turkey Salad Sandwich
- Hearty Vegetable Soup
- Marinated Beets & Onions
- \* **Potato Salad**
- Lettuce & Tomato
- 100% WW Bread X2
- \* **Citrus Fruit**

- Cheese Omelet w/Salsa**
- Pork Sausage**
- \* **Roasted Red Potatoes**
- \* **Steamed Spinach**
- Muffin**
- (Sliced Pears)**

- Creamy Mushroom Chicken over Penne Noodles**
- \* **California Vegetables**
- Italian Green Beans**
- Ice Cream**
- (Fresh Fruit)**

9

10

11

12

13

**GRANDPARENTS DAY**

- Veal Parmesan a la Romano & Parmesan Cheese**
- Italian Vegetables**
- Rotini w/Marinara Sauce**
- Tossed Green Salad w/Creamy Italian Dressing**
- \* **Mandarin Oranges**

**COLD PLATE**

- Curried Chicken Salad on Mixed Greens**
- Lentil Soup**
- 4-Bean Salad**
- Baby Carrots**
- Hawaiian Roll w/Butter**
- \* **Tropical Fruit**

- Beer Battered Fish & Chips**
- \* **Mixed Vegetables**
- \* **Pineapple Coleslaw**
- Tartar Sauce, Vinegar**
- Cherry Gelatin w/Mixed Fruit (Diet Cherry Gelatin w/Mixed Fruit)**

- Chicken Tamale w/Enchilada Sauce & Cheese**
- Mexicali Corn**
- \* **Broccoli Florets**
- Coconut Cream Pie (Fresh Fruit)**

- Pork Afritada over Steamed Rice**
- Apple Juice**
- Steamed Carrots**
- Mixed Green Salad w/Honey Mustard Dressing**
- \* **Tropical Fruit**

16

17

18

19

20

- Turkey Enchilada Bake**
- \* **Orange Pineapple Juice**
- Mexicali Corn**
- \* **Spinach Salad w/Ranch Dressing**
- Big Cookie**
- (Sliced Peaches)**

- Spaghetti & Meatballs w/Parmesan Cheese**
- \* **California Vegetables**
- Tossed Salad w/Red Wine Vinaigrette**
- Cinnamon Applesauce**

- COLD PLATE**
- Chicken Fiesta Salad (Black Beans, Corn, Cheese, Salsa, Mixed Greens, Onions)**
- Pork Posole Soup**
- Ranch Dressing**
- Tortilla Chips**

- Virginia Style Baked Ham w/Pineapple Raisin Sauce**
- \* **Yams**
- Capri Vegetables**
- Mixed Green Salad w/Champagne Vinaigrette**
- Seasonal Fresh Fruit**

- Hearty Beef Stew**
- \* **Stewed Tomatoes**
- Green Beans**
- Biscuit w/Butter**
- Vanilla Pudding (Fresh Fruit)**

23

24

25

26

27

**FALL BEGINS**

- Chicken & White Bean Chili**
- \* **Orange Juice**
- Vegetable Bean Medley**
- Tossed Salad w/1000 Island Dressing**
- Cornbread w/Butter**
- Chocolate Pudding (Mixed Fruit)**

**COLD PLATE**

- Roast Turkey Sandwich w/Lettuce & Tomato on a Thin WW Bun**
- Mushroom Barley Soup**
- Pickled Beets & Onions**
- \* **Potato Salad**
- Mustard, Mayonnaise**
- Sherbet (Pineapple Chunks)**

- Cheese Tortellini w/Pesto and Parmesan Cheese**
- Sliced Carrots**
- \* **Spinach Salad w/Balsamic Vinaigrette**
- Seasonal Fresh Fruit**

- Swiss Beef Patty**
- Mixed Vegetables**
- \* **Mashed Potatoes**
- Whole Grain Roll w/Butter**
- Lemon Gelatin w/Whipped Topping (Diet Lemon Gelatin)**

- COLD PLATE**
- Tuna Salad Sandwich w/Lettuce, Tomato & Onion on French Bread**
- Tomato Basil Soup**
- \* **Pineapple Coleslaw**
- Marinated Zucchini Salad**
- \* **Mandarin Oranges**

30

- Stuffed Bell Pepper**
- Minestrone Soup**
- \* **Cheesy Scalloped Potatoes**
- \* **Marinated Broccoli Salad**
- Red Velvet Cake (Fresh Fruit)**

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 Ceternal@pleasanthillrec.com

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



**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON SEPT. 3, 9, & 23. 4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**