

**JANUARY 2020**

**Pleasant Hill**

**C.C. CAFE**

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**JANUARY 2020**


**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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



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

**1**  
**NEW YEAR'S DAY HOLIDAY**



**2**  
**NEW YEAR'S CELEBRATION**

**Krabby Cake**  
**Chicken Noodle Soup**  
**Vegetable Bean Medley**  
 \* **Cheesy Scalloped Potatoes**  
**Tartar Sauce**  
**Fresh Fruit**

**3**  
**COLD PLATE**

**Asian Chicken Salad**  
 \* **(Mandarin Oranges, Spring Mix, Sesame Seed Dressing, and Crispy Noodles)**  
**Egg Drop Soup**  
**Carrot Raisin Salad**  
**Dinner Roll w/Butter**  
**Strawberry Cheesecake (Pears)**

**6**

**7**

**8**

**9**

**10**

**Meatballs w/Mushroom Gravy**  
 \* **Broccoli Florets**  
**Buttered Noodles**  
**Mixed Green Salad**  
 w/1000 Island Dressing  
**Fresh Fruit**

**COLD PLATE**  
**Cobb Salad**  
 w/Blue Cheese Dressing  
**Mushroom Barley Soup**  
 \* **Potato Salad**  
**Dinner Roll w/Butter**  
**Spiced Apples**

**Beer Battered Fish and Chips**  
**Clam Chowder**  
 \* **Confetti Coleslaw**  
**Tartar Sauce, Vinegar**  
**Chocolate Pudding (Fresh Fruit)**

**Turkey a la King over Rice**  
**Mixed Vegetables**  
 \* **Stewed Tomatoes**  
**Cookie (Peaches)**



**Beef Fajita**  
 w/Peppers & Onions  
**Pork Posole Soup**  
**Capri Vegetables**  
**Tossed Salad**  
 w/Ranch Dressing  
**Salsa, Flour Tortilla**  
 \* **Tropical Fruit**

**13**


**14**

**15**

**16**

**17**

**COLD PLATE**  
**Tuna Salad Sandwich**  
 w/Lettuce and Tomato on a Thin WW Bun  
**Tomato Basil Soup**  
**Carrot Raisin Salad**  
**4-Bean Salad**  
 \* **Fresh Orange**

 **Vegetarian Bean Burrito**  
 w/Red Sauce & Cheese  
**Mexicali Corn**  
 \* **California Vegetables**  
**Lemon Gelatin**  
 w/Whipped Topping  
**(Diet Lemon Gelatin)**

**Cheese Omelet**  
 w/Salsa  
**Pork Sausage**  
 \* **Roasted Red Potatoes**  
 \* **Steamed Spinach**  
**Mixed Fruit**  
**Muffin (Applesauce)**

**Cheeseburger**  
**Chicken & Rice Soup**  
 \* **Seasoned Potato Wedges**  
**Italian Vegetables**  
**Lettuce, Tomato & Onion**  
**Catsup, Mustard & Mayo**  
**Relish, Bun**  
**Vanilla Pudding**  
 \* **(Citrus Fruit)**

**Traditional Turkey Dinner**  
 w/Gravy  
 \* **Broccoli & Carrots**  
 \* **Mashed Potatoes**  
**Stuffing**  
**Cranberry Sauce**  
**Fresh Fruit**

**20**

**21**

**22**

**23**

**24**

**MARTIN LUTHER KING JR HOLIDAY**



**Turkey Chili Mac**  
 w/Shredded Cheese  
**Mixed Vegetables**  
 \* **Spinach Salad**  
 w/Honey Mustard Dressing  
**Butterscotch Pudding (Fresh Fruit)**



**Kung Pao Chicken NEW!**  
 over Steamed Rice  
 \* **California Vegetables**  
 \* **Cabbage Salad**  
 w/Poppy Seed Dressing and Crunchy Noodles  
**Fortune Cookie (Pineapple Chunks)**  
**Dish Contains No Peanuts**

 **COLD PLATE**  
**Ham Sandwich**  
 w/Lettuce & Tomato on Rye Bread  
**Split Pea Soup**  
**Pickled Beets & Onions**  
 \* **Potato Salad**  
**Mustard, Mayonnaise**  
**Fresh Fruit**

**Potato Crusted Fish**  
 over Rice Pilaf  
**Minestrone Soup**  
**Vegetable Bean Medley**  
 \* **Creamy Coleslaw**  
**Tartar Sauce**  
**Carrot Cake (Mixed Fruit)**

**27**

**28**

**29**

**30**

**31**

**Turkey Tamale Pie**  
 w/Cornbread Topping  
**Pinto Beans**  
 \* **Broccoli & Carrots**  
**Sherbet**  
 \* **(Mandarin Oranges)**



**Seafood Newburg Casserole (with Shrimp & Mock Crab) over Wild Rice**  
 \* **Stewed Tomatoes**  
**Tender Green Beans**  
**Chilled Peaches**

**COLD PLATE**  
**Roast Beef & Swiss Sandwich**  
 on French Bread  
 \* **Hearty Vegetable Soup**  
**Marinated Veggie Salad**  
**Garden Pea Salad**  
**Lettuce, Tomato**  
**Mustard, Mayonnaise**  
**Fresh Fruit**

**BBQ Chicken Thigh**  
**Capri Vegetables**  
**Baked Beans**  
 \* **Pineapple Coleslaw**  
**Dinner Roll w/Butter**  
**Lime Gelatin w/Fruit Cocktail (Diet Lime Gelatin w/Fruit Cocktail)**

**Cheesy Lasagna Roll-Up**  
 w/Shredded Cheese  
**Beef Barley Soup**  
**Italian Green Beans**  
 \* **Spinach Salad**  
 w/Creamy Italian Dressing  
**Tapioca Pudding (Banana)**

**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON JAN. 21**  
**4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**