

MARCH 2020

C.C. CAFE

MARCH 2020

Monday

Tuesday

Wednesday

Thursday

Friday

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CELEBRATE NATIONAL NUTRITION MONTH

Garlic & Herb Chicken
 Hearty Vegetable Soup
 * California Blend
 * Scalloped Potatoes
 Butterscotch Pudding (Pears)



Turkey Divan over Brown Rice
Sliced Carrots
 Tossed Salad w/1000 Island Dressing
 * Mandarin Oranges

Pork Carnitas w/Salsa on a Flour Tortilla
 Chicken Noodle Soup
 Pinto Beans
 * Creamy Coleslaw
 Lime Sherbet (Fresh Fruit)

Broccoli Beef over Steamed Rice
Vegetable Bean Medley
 Mixed Green Salad w/Honey Mustard Dressing
 * Tangerine

Creamy Vegetarian Lasagna w/Parmesan Cheese
 Grape Juice
 * Winter Veggie Blend
 * Spinach Salad w/Balsamic Vinaigrette
 Fresh Fruit

9

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Spaghetti & Meatballs w/Parmesan Cheese
Italian Vegetables
 Tossed Salad w/Creamy Italian Dressing
 * Tropical Fruit

Cheese Omelet w/Salsa
 Pork Sausage
 * Roasted Red Potatoes
 * Steamed Spinach
 * Orange Pineapple Juice Muffin (Fresh Fruit)

Turkey a la King over Rice
 * Stewed Tomatoes
Mixed Vegetables
 Raspberry Gelatin w/Pears
 (Diet Raspberry Gelatin w/Pears)

COLD PLATE
 Seafood Louie (Mock Crab) Salad on a Bed of Lettuce
 Chicken & Rice Soup
 * Marinated Broccoli Salad
 Garden Pea Salad
 Roll w/Butter
 Banana

Apricot Chicken
 Savory Bean Soup w/Crackers
 Tender Green Beans
 * Whipped Sweet Potatoes Ice Cream (Pineapple Chunks)

16

17

18

19

20

COLD PLATE

Roasted Turkey Sandwich
 Mushroom Barley Soup
 4 Bean Salad
Carrot Raisin Salad
 Lettuce & Tomato Mustard & Mayonnaise
 French Bread
 * Mandarin Oranges

ST. PATRICK'S DAY PARTY

Irish Beef Stew
 * Broccoli Florets
 Tossed Salad w/Ranch Dressing
 Biscuit w/Butter
 Pistachio Fluff (Fresh Fruit)



Cheesy Lasagna Roll-Up w/Shredded Cheese
 Lentil Soup
 Succotash
 * Spinach Salad w/Champagne Vinaigrette
 Chilled Peaches

Turkey Tamale Pie w/Cornbread Topping
 Pinto Beans
Sliced Carrots
 * Citrus Fruit

Beer Battered Fish & Chips
 * Cream of Tomato Soup
Mixed Vegetables
 * Creamy Coleslaw
 Tartar Sauce, Vinegar
 Banana Cake (Banana)

23

24

25

26

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Potato Crusted Fish over Herbed Rice
 Chicken & Orzo Soup
 * Winter Veggie Blend
 Pickled Beets & Onions
 Tartar Sauce
 Fruit Cocktail

FREE COMEDY SHOW 12:30pm CHATEAU ROOM

Turkey Chili Mac w/Shredded Cheese
Italian Vegetables
 * Stewed Tomatoes
 Vanilla Pudding (Applesauce)

COLD PLATE

Cobb Salad
 Cream of Potato Soup
Carrot Raisin Salad
 Blue Cheese Dressing
 Dinner Roll w/Butter
 * Tropical Fruit

Sweet & Sour Pork over Steamed Rice
 * Broccoli Florets
 * Mixed Cabbage Salad w/Poppy Seed Dressing
 Cherry Gelatin w/Mixed Fruit (Diet Cherry Gelatin w/Mixed Fruit)

Roast Beef w/Gravy
 Minestrone Soup
 Scandinavian Veggies
 * Baked Potato w/Butter
 Tossed Salad w/French Dressing
 Fresh Fruit

30

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Meatloaf w/Gravy
 * Mashed Potatoes
Peas and Carrots
 Tossed Salad w/Ranch Dressing
 Fresh Fruit



COLD PLATE

Asian Chicken Salad (*Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles)
 Egg Drop Soup
 * Marinated Broccoli Salad
 Hawaiian Roll w/Butter
 Chocolate Pudding (Pineapple Chunks)

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 Ceteranal@pleasanthillrec.com New Online Ordering Available on our Website www.pleasanthillrec.com/341/seniors



= 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 MAR. 2, 17 & 24!
 4 DAILY ALTERNATIVE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**