

NOVEMBER 2024



CALL 925-370-8770 BY NOON AT LEAST ONE BUSINESS DAY IN ADVANCED TO RESERVE A MEAL!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				11/1 Fish Tacos w/Salsa & Sour Cream Pozole Soup Stewed Tomatoes Refried Beans Tortilla C Fresh Orange
11/4 + Ham & Swiss Sandwich w/Lettuce, Tomato, Onion, Mayo, Mustard on Whole Wheat Bread Split Pea Soup C Coleslaw w/Carrots Pears	11/5 Turkey Coconut Curry Brown Rice Spinach Whole Kernel Corn C Juice Cookie	11/6 Italian Beef Bake Minestrone Soup C Broccoli Tossed Salad w/Dressing Seasonal Fresh Fruit	11/7 Breaded Pollock w/Lemon & Tartar Sauce Chicken Orzo Soup C Mashed Potatoes Stewed Tomatoes Roll w/Butter Apricots	11/8 VETERANS DAY MEAL Oven Fried Chicken Scalloped Potatoes C California Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit Orange Poke Cake
11/11 VETERANS DAY	11/12 Pork Loin w/Creamy Dijon Sauce C Garlic Whipped Potatoes Scandinavian Vegetables Whole Wheat Roll w/Butter C Tropical Fruit	11/13 Spaghetti w/Turkey Meat Sauce & Cheese Hearty Vegetable Soup C Brussels Sprouts Spinach Salad w/Dressing Seasonal Fresh Fruit	11/14 Orange Glazed Chicken Asian Cabbage Soup Mixed Vegetables Brown Rice C Juice Cookie	11/15 Beef & Bean Chili w/Cheddar Cheese Cornbread w/Butter Zucchini Green Salad w/Dressing C Mandarin Oranges
11/18 Breaded Fish Sandwich w/Cheese, Shredded Lettuce, & Tartar Sauce on a Whole Grain Bun Creamy Mushroom Soup Italian Vegetables C Fresh Orange Brownie	11/19 New! Greek Chicken Brown Rice C California Vegetables New! Tomato, Cucumber, & Feta Salad Gelatin w/Pears	11/20 Pork Carnitas w/Salsa Cream of Spinach Soup C Cilantro Coleslaw Pinto Beans Tortilla Apricots	11/21 Spaghetti & Meatballs w/Parmesan Cheese C Winter Vegetables Tossed Salad w/Dressing Seasonal Fresh Fruit	11/22 No Cafe Costa Join us for our Holiday Boutique from 10:00am-7:00pm
11/25 Meatloaf w/Gravy C Mashed Potatoes Bean Medley Whole Wheat Roll w/Butter Seasonal Fresh Fruit	11/26 Seafood Louie Salad w/Mock Crab and 1000 Island Dressing Lentil Soup Whole Wheat Roll w/Butter C Citrus Fruit	11/27 Pineapple Glazed Chicken Egg Drop Soup Brown Rice Mixed Vegetables Green Salad w/Dressing C Fresh Orange	11/28 THANKSGIVING DAY	11/29 DAY AFTER THANKSGIVING

All meals served with lowfat milk. **2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (CRANBERRY WALNUT CHICKEN WITH BALSAMIC VINAIGRETTE).** Vitamin A Vitamin C + Higher in sodium