

Monday

Tuesday

Wednesday

Thursday

Friday

1



* = Vitamin C
 _ = Vitamin A
 () = Dessert of Choice
 All meals served w/low fat milk.



LABOR DAY CELEBRATION

BBQ Pork on a Bun
 * Potato Wedges
 * **California Blend**
 Pineapple Chunks



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SAN RAMON NATIONAL SR CITIZEN MONTH
 Beer Batter Fish & Chips
 * Mixed Vegetables
 * Pineapple Coleslaw
 Tartar Sauce, Vinegar
 Apple Pie (Applesauce)

COLD PLATE
 Asian Chicken Salad (Spring Mix, *Mandarin Oranges, Sesame Seed Dressing & Crisp Noodles)
 Bok Choy Soup
 Carrot Raisin Salad
 Fortune Cookie (Fresh Fruit)

Sweet & Sour Pork
 Green Beans
 Steamed Rice
 Tossed Green Salad w/Ranch Dressing
 * Watermelon

Turkey Lasagna w/ Parmesan Cheese
 Apple Juice
 * Steamed Spinach
 Mixed Green Salad w/Italian Dressing
 Fresh Fruit

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GRANDPARENT'S DAY

Pork Carnitas
 Salsa
 Spanish Rice
 * Broccoli Spears
 Mixed Green Salad w/Ranch Dressing
 * Mandarin Oranges

COLD PLATE

Waldorf Chicken Salad on Lettuce Leaf
 Hearty Vegetable Soup
 Marinated Cucumber Salad
 Whole Wheat Roll w/Butter
 * Tropical Fruit

Breaded Cod w/Lemon Slice
 Manhattan Clam Chowder
 * California Blend
 Rice Pilaf
 Tartar Sauce
 Mixed Fruit

HERCULES BEACH DAY BINGO

All American Hot Dog w/Cheese & Onions
 * Potato Salad
 * Marinated Veggie Salad
 Catsup, Mustard, Relish
 Bun
 Ice Cream (Fresh Fruit)

SAN PABLO CELEBRATES LATIN INDEPENDENCE DAY

Fish Taco w/Flour Tortilla
 Cream of Tomato Basil Soup
 * Cilantro Lime Coleslaw
 Pinto Beans
 Salsa
 * Watermelon

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COLD PLATE

Mock Crab Salad Sandwich
 Potato Leek Soup
 4-Bean Salad
 Marinated Zucchini Salad
 French Bread
 Lettuce, Tomato & Onion
 * Citrus Fruit Cup

Stuffed Pepper
Steamed Carrots
 * Garlic Mashed Potatoes
 Mixed Green Salad w/Balsamic Vinaigrette
 * Mandarin Oranges

Southern Style BBQ Chicken
 Savory Bean Soup
 Corn on the Cob
 * Spinach Salad w/Catalina Dressing
 Lemon Gelatin w/Topping (Diet Lemon Gelatin)

COLD PLATE

Turkey Sandwich
 Pumpkin Celery Soup
 Garden Pea Salad
Carrot Raisin Salad
 Lettuce & Tomato
 Mustard, Mayonnaise
 100% WW Bread X2
 * Cantaloupe

FALL BEGINS

Hearty Beef Stew
 * Broccoli
Vegetable Bean Medley
 Tossed Green Salad w/Thousand Island Dressing
 Biscuit w/Butter
 Fresh Fruit

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Creamy Mushroom Chicken Breast
 * Orange Pineapple Juice
 * Stewed Tomatoes
Italian Vegetables
 Brown Rice
 Cinnamon Applesauce

Alaskan Salmon Patty w/Dill Sauce
Mixed Vegetables
 * Roasted Red Potatoes
 * Mixed Cabbage Salad w/Poppy Seed Dressing & Crispy Noodles
 Cherry Gelatin w/Mixed Fruit (Diet Cherry Gelatin w/Mixed Fruit)

Virginia Style Baked Ham w/Pineapple Raisin Sauce
 * Whipped Sweet Potatoes
 Tender Green Beans
 Roll w/Butter
 Seasonal Fresh Fruit

Spaghetti & Meatballs w/Parmesan Cheese
 * Steamed Broccoli
Sliced Beets
 Tossed Green Salad w/Creamy Italian Dressing
 Pears

COLD PLATE

Cobb Salad
 Minestrone Soup
 * Tropical Fruit
 Blue Cheese Dressing
 Crackers x2
 Sherbet (Fresh Fruit)

DELICIOUS DECISIONS! DON T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON SEPT. 1, 5, 11, 14, 15 AND 22.
 4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!