

OCTOBER 2017



C.C. CAFE

OCTOBER 2017

Monday

2

Tuesday

3

Wednesday

4

Thursday

5



Friday

6

Spinach & Mushroom Alfredo Pasta w/Parmesan Cheese
* California Blend
Tossed Salad w/Creamy Italian Dressing
Peaches

COLD PLATE

Chicken Fiesta Salad (Black Beans, Cheese, Corn, Salsa, Mixed Greens, Onions)
* Posole Soup
Ranch Dressing
Roll w/Butter
* Tropical Fruit



Salisbury Steak w/Onion Gravy
Stewed Tomatoes
Garlic Mashed Potatoes
Mixed Green Salad w/Blue Cheese Dressing
Pears

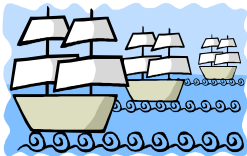
Vegetarian Bean & Cheese Burrito w/Red Sauce & Cheese
Mexicali Corn
Mixed Green Salad w/1000 Island Dressing
* Cantaloupe

COLUMBUS DAY CELEBRATION

BBQ Beef
Chicken Noodle Soup
* Potato Wedges
* Broccoli
Bun
Ice Cream (Fresh Fruit)

9

COLUMBUS DAY HOLIDAY!



10

Veal Parmesan a la Romano & Parmesan Cheese
Italian Vegetables
Green Salad w/Italian Dressing
Rotini w/Marinara Sauce
* Citrus Fruit

11

Turkey a la King
Garden Green Peas
California Blend
Biscuit
Raspberry Gelatin w/Pears
(Diet Raspberry Gelatin w/Pears)



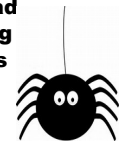
12

COLD PLATE

Tuna Salad on Lettuce Leaf w/Tomato Slice
Corn Chowder
Carrot Raisin Salad
4 Bean Salad
100% WW Bread X2
* Orange

13

Baked Tahitian Chicken
* Winter Blend
Sesame Noodles
Mixed Green Salad w/Asian Dressing
Pineapple Chunks



16

COLD PLATE

Thin Ham Slices
Split Pea Soup
Carrot Raisin Salad
Corn Relish Salad
Lettuce & Tomato
Mustard & Mayonnaise
Rye Bread
* Citrus Fruit

17

Pork Stew over Rice
Vegetable Bean Medley
Mixed Green Salad w/Ranch Dressing
* Mandarin Oranges



18

Orange Glazed Chicken
Mushroom Barley Soup
* Spinach
Wild Rice
Roll w/Butter
Fresh Fruit

19

OKTOBERFEST!

German Sausage
* Seasoned Steamed Cabbage
* Hot German Potato Salad
Mustard
Bun
Apple Pie
(Spiced Apple Slices)

20

Pulled Pork
Apple Juice
* Confetti Coleslaw
* Potato Wedges
Dinner Roll w/Butter
Orange Gelatin w/Oranges
(Diet Orange Gelatin w/Oranges)

23

Beef Sukiyaki
Grape Juice
* California Blend
Steamed Rice
Peaches



24

COLD PLATE

Curried Chicken on a Bed of Mixed Greens
Lentil Soup
Garden Pea Salad
Marinated Beets & Onions
Dinner Roll w/Butter
* Citrus Fruit

25

Breaded Cod Fish w/Lemon Slice
Clam Chowder
Mixed Vegetables
* Coleslaw
Brown Rice
Tartar Sauce
Pineapple Chunks



26

Meatloaf w/Gravy
* Mashed Potatoes
* Broccoli
Tossed Salad w/Balsamic Vinaigrette
Fresh Fruit

27

Herbed Garlic Chicken
* Glazed Yams
Tender Green Beans
Roll w/Butter
Tapioca Pudding (Mixed Fruit)



30

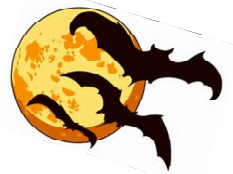
Oven Fried Chicken
* Mashed Potatoes w/Gravy
Succotash
* Spinach Salad
w/French Dressing
Fresh Fruit

31

MARTINEZ

HALLOWEEN CELEBRATION!

Morticia's Famous Chili Dog w/Onions & Cheese
* Cobweb Potato Nuggets
Ghoulish Green Salad w/Wormy Thousand Island Dressing
Mummy Wrapped Bun
Zombie Dump Cake
(Eyeball Fruit)



Fall into Food Presentations:
Rodeo October 12
Bay Point October 13
Concord October 18
Crockett October 23
Pittsburg October 27

* = 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 OCTOBER 6, 19, AND 31.
4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**