

Monday

Tuesday

Wednesday

Thursday

Friday



\* = 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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**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**

**COLD PLATE**

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

**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**

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

**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**

**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)

**RESERVATIONS REQUIRED. CALL 925-771-7641 AT LEAST 1 BUSINESS DAY PRIOR BY NOON. CAN MAKE RESERVATIONS UP TO 1 MONTH AHEAD**  
**4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**