


Monday

Tuesday

Wednesday

Thursday

Friday

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



NEW YEAR'S DAY HOLIDAY!




7
Meatballs w/Mushroom Gravy
Capri Vegetables
Buttered Noodles
Mixed Green Salad
 w/Balsamic Vinaigrette
 * **Tangerine**

8
COLD PLATE
Asian Chicken Salad
 * (Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles)
Bok Choy Soup
Carrot Raisin Salad
Hawaiian Roll w/Butter
Banana

9
Beer Battered Fish and Chips
 * **Clam Chowder**
 * **Confetti Coleslaw**
Tartar Sauce, Vinegar
 * **Tropical Fruit**

10
 **Vegetarian Bean Burrito**
 w/Red Sauce & Cheese
Mexicali Corn
 * Spinach Salad
 w/Ranch Dressing
Applesauce

11
 **Southern Style Glazed Ham**
 * Steamed Spinach
 * **Yams**
Corn Bread w/Butter
Grandma's Peach Crisp
 (Peaches)

14
Pork Carnitas
 w/Salsa
 on a Flour Tortilla
Refried Beans
 * **Pineapple Coleslaw**
Cinnamon Applesauce

15
Tuna Casserole Au Gratin
 * **Winter Vegetables**
Diced Carrots
Mixed Green Salad
 w/1000 Island Dressing
Sliced Pears

16
Tempting Turkey Tamale Pie
 w/Corn Bread Topping
Pinto Beans
 * Broccoli Florets
Tossed Salad
 w/Blue Cheese Dressing
Fresh Fruit

17
Ye Old Pub Cheese Burger
Minestrone Soup
 * **Seasoned Potato Wedges**
Vegetable Bean Medley
Lettuce, Tomato & Onion
Catsup, Mustard
Mayonnaise & Relish
Bun
 * **Citrus Fruit Cup**

18
Southwest Chicken Pasta
 * California Blend
Fiesta Corn Salad
Ice Cream
 (Pineapple Chunks)



21
MARTIN LUTHER KING JR HOLIDAY!



22
Cheesy Red Lasagna
 w/Parmesan Cheese
Grape Juice
Italian Green Beans
 * Spinach Salad
 w/Creamy Italian Dressing
Chocolate Pudding
 (Fresh Fruit)

23
Breaded Cod
Cream of Spinach Soup
 * **Cheesy Scalloped Potatoes**
Capri Vegetables
WW Crackers
Tartar Sauce
 * **Mandarin Oranges**

24
COLD PLATE
 **Thin Ham Slices**
Split Pea Soup
Pickled Beets & Onions
Carrot Raisin Salad
Lettuce & Tomato
Mustard, Mayonnaise
Rye Bread
 * **Tropical Fruit**

25
Hearty Beef Stew
 * Broccoli Spears
Vegetable Bean Medley
Biscuit w/Butter
Mixed Fruit



28
NEW ITEM!
Seafood Newburg Casserole
 (with Shrimp & Mock Crab)
 over Wild Rice
 * California Blend
Green Peas
Fresh Fruit

29
Garlic & Herb Chicken
Mushroom Barley Soup
Capri Vegetables
 * **Baked Potato w/Butter**
Banana Cake
 (Banana)

30
COLD PLATE
Roast Beef & Swiss
 on Rye Bread
Hearty Vegetable Soup
 * Marinated Broccoli Salad
 * **Creamy Coleslaw**
Lettuce & Tomato
Mustard, Mayonnaise
Chilled Peaches

31
Spinach & Mushroom Alfredo
Pasta w/Parmesan Cheese
 * **Winter Vegetables**
 * **Stewed Tomatoes**
Lemon Gelatin
 w/Whipped Topping
 (Diet Lemon Gelatin)

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? Grab a copy in the Dining Room at the Senior Center or E-mail
 Ceternal@pleasanthillrec.com

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