

MAY 2019

Monday

Pleasant Hill

Tuesday

C.C. CAFE

Wednesday

Pleasant Hill

Thursday

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? Flip this page over.

Want to talk to your Cafe Manager? E-mail Ceternal@pleasanthillrec.com

COLD PLATE

Roast Beef & Cheese Sandwich
 Hearty Vegetable Soup
 Carrot Raisin Salad
 * Potato Salad
 Lettuce & Tomato
 Mustard & Mayonnaise
 Whole Wheat Bread x 2
 Chocolate Pudding (Mixed Fruit)

Beer Battered Fish and Chips
 * Mixed Vegetables
 * Pineapple Coleslaw
 Tartar Sauce, Vinegar
 Seasonal Fresh Fruit

___ = Vitamin A

() = Dessert of Choice

 = Item is higher in sodium

* = Vitamin C

6

7

8

9

Swiss Beef Patty
 Mushroom Barley Soup
 * California Vegetables
 * Mashed Potatoes
 Whole Grain Roll w/Butter
 Seasonal Fresh Fruit

**ROCK & ROLL LUNCH DAY!
COLD PLATE**

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

NEW ITEM!

Turkey Burger
 Capri Vegetables
 * Garlic Fries
 Lettuce, Tomato & Onion
 Catsup, Mustard & Mayo
 Bun
 * Cantaloupe

Cheese Tortellini w/Pesto and Parmesan Cheese
 Sliced Carrots
 * Broccoli Florets
 Cherry Gelatin w/Pears (Diet Cherry Gelatin w/Pears)



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14

15

16

Chicken Marsala over Buttered Noodles
 Grape Juice
 * Stewed Tomatoes
 Italian Vegetables
 Fruit Cocktail

Stuffed Pepper
 Lentil Soup
 * Broccoli & Cauliflower
 Fluffy Rice Pilaf
 Sherbet (Banana)



Fish Taco w/Flour Tortilla
 Clam Chowder
 Refried Beans
 * Cilantro Coleslaw
 Salsa
 Seasonal Fresh Fruit

Veal Parmesan w/Parmesan Cheese
 Capri Vegetables
 Penne w/Marinara Sauce
 Tossed Salad w/Champagne Vinaigrette
 * Mandarin Oranges

20

21

22

23

Sweet & Sour Meatballs over Brown Rice
 * Steamed Spinach
 Peas and Carrots
 Sliced Pears

COLD PLATE
 Tuna Salad Sandwich w/Lettuce, Tomato & Onion
 Tomato Basil Soup
 Pickled Beets & Onions
 Marinated Cucumber Salad
 French Bread
 * Tropical Fruit

BBQ Chicken Thigh
 * Mashed Potatoes
 Mixed Vegetables
 Tossed Salad w/Blue Cheese Dressing
 Orange Gelatin w/Mandarins
 (Diet Orange Gelatin w/Mandarins)

Turkey Divan w/Broccoli
 * Sliced Carrots
 Mixed Green Salad w/Balsamic Vinaigrette
 Wild Rice
 Seasonal Fresh Fruit

27

28

29

30

MEMORIAL DAY HOLIDAY

Spaghetti & Meatballs w/Parmesan Cheese
 Italian Green Beans
 Tossed Salad w/Creamy Italian Dressing
 * Citrus Fruit

COLD PLATE

 Ham & Swiss on Rye Bread
 Split Pea Soup
 Carrot & Celery Sticks
 * Creamy Coleslaw
 Lettuce & Tomato
 Mustard, Mayonnaise
 * Watermelon

Potato Crusted Fish
 Chicken Noodle Soup
 * Steamed Spinach
 Rice Pilaf
 Tartar Sauce
 Vanilla Pudding (Fresh Fruit)

**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAY 10, 14, 24 AND 29.
 4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SA**

MAY 2019

Friday

3

Turkey Enchilada Bake
Mexicali Corn
Tossed Salad
w/Ranch Dressing
Tropical Fruit



All meals served w/low fat milk.

10

MOTHER'S DAY
CELEBRATION

Krabby Cake
Cheesy Scalloped Potatoes
Steamed Spinach
Mixed Green Salad
w/Honey Mustard Dressing
Tartar Sauce
Strawberry Cake (Applesauce)

17

COLD PLATE

Asian Chicken Salad
(* Mandarin Oranges, Spring
Mix, Sesame Seed Dressing,
and Crispy Noodles)
Bok Choy Soup
4 Bean Salad
Watermelon

24

 **American Hot Dog**
w/Cheese & Onions
Baked Beans
California Vegetables
Catsup, Mustard, Relish
Bun
Ice Cream
(Fresh Apple)

31

Cheese & Green Chili Tamale
w/Enchilada Sauce
Capri Vegetables
Pinto Beans
Mixed Green Salad
w/1000 Island Dressing
Mandarin Oranges