

JUNE 2019

Monday

Pleasant Hill

Tuesday

C.C. CAFE


Wednesday

Pleasant Hill

Thursday

JUNE 2019

Friday

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



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

3

Seafood Newburg Casserole (with Shrimp & Mock Crab) over Wild Rice
Spring Bean Medley
Green Peas w/Pearl Onions
* **Tropical Fruit**

4

NATIONAL CHEESE DAY!
Cheese Omelet w/Salsa
Turkey Sausage
* **Broccoli Florets**
* **Roasted Red Potatoes Muffin (Fresh Fruit)**

5

Meatloaf w/Gravy
Cream of Tomato Soup
Capri Vegetables
* **Mashed Potatoes**
Dinner Roll w/Butter
Lemon Gelatin w/Whipped Topping
(Diet Lemon Gelatin)

6

 **Vegetarian Bean Burrito w/Red Sauce & Cheese**
Mexicali Corn
* **California Vegetables**
Tossed Salad w/Ranch Dressing
Seasonal Fresh Fruit

7

COLD PLATE
Cobb Salad w/Blue Cheese Dressing
Split Pea Soup
4 Bean Salad
Dinner Roll w/Butter
* **Cantaloupe**

10

NEW ITEM!
Cheesy Lasagna Roll
Beef Barley Soup
Italian Vegetables
Mixed Green Salad w/Creamy Italian Dressing
* **Mandarin Oranges**

11

 **COLD PLATE**
Corned Beef Sandwich w/Mustard on Rye Bread
Potato Leek Soup
* **Marinated Veggie Salad**
* **Creamy Coleslaw**
Cinnamon Applesauce

12

PHILIPPINE INDEPENDENCE DAY
Pork Afritada
* **California Vegetables**
Tossed Salad w/French Dressing
Hawaiian Roll w/Butter
Seasonal Fresh Fruit

13

Oven Fried Chicken
Tender Green Beans
Macaroni and Cheese
Marinated Beets & Onions
* **Watermelon**



14

FATHER'S DAY CELEBRATION
NEW ITEM!
Salmon Fillet w/Lemon Caper Sauce
* **Broccoli Florets**
* **Cheesy Scalloped Potatoes**
Mixed Green Salad w/Honey Mustard Dressing
Fudge Brownie (Seasonal Fresh Fruit)

17

Broccoli Beef over Brown Rice
Capri Vegetables
Tossed Salad w/Red Wine Vinaigrette
* **Tropical Fruit**

18

Turkey Tamale Pie w/Cornbread Topping
Pinto Beans
Spring Bean Medley
Mixed Green Salad w/Ranch Dressing
* **Fresh Strawberries**

19

Apricot Chicken
Lentil Soup
* **Whipped Sweet Potatoes**
* **Broccoli & Cauliflower Cookie (Fresh Fruit)**

20

COLD PLATE
Mock Crab Salad on Shredded Lettuce
Chicken & Rice Soup
Carrot Raisin Salad
Marinated Zucchini Salad
Sourdough Roll w/Butter
* **Citrus Fruit**

21

Cheeseburger
* **Garlic Fries**
* **Creamy Coleslaw**
Lettuce, Tomato & Onion Catsup, Mustard, Mayo
Relish, Bun
* **Watermelon**

24

Turkey Dinner w/Gravy
* **Mashed Potatoes**
* **California Vegetables**
Dinner Roll w/Butter
Cranberry Sauce
Seasonal Fresh Fruit

25

COLD PLATE
Chicken Salad Sandwich w/Lettuce & Tomato on a Thin Whole Grain Bun
Mushroom Barley Soup
Garden Pea Salad
Pickled Beets & Onions
* **Mandarin Oranges**

26


Breaded Pollock Fillet
Clam Chowder
Spring Bean Medley
Herbed Rice
* **Pineapple Coleslaw**
Tartar Sauce
Mixed Fruit



27

NEW ITEM!
Hot Meatball Sandwich w/Mozzarella Cheese on a Roll
Italian Vegetables
Tossed Salad w/Creamy Italian Dressing
* **Cantaloupe**

28

 **Kalua Pork over Steamed Cabbage**
Apple Juice
Glazed Carrots
Steamed Rice
Pineapple Cake (Pineapple Chunks)

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON JUNE 4, 12, & 14
4 DAILY ALTERNATE ENTREE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!