

Monday

Tuesday

Wednesday

Thursday

Friday

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COLD PLATE



Chicken Fiesta Salad
(Black Beans, Corn, Cheese, Onions, Salsa, Mixed Greens)
Pork Posole Soup
Ranch Dressing
Tortilla Chips
* **Citrus Fruit**

All American Hot Dog
w/Cheese & Onions
Chicken & Orzo Soup
Baked Beans
* **Creamy Coleslaw**
Catsup, Mustard, Relish
Bun
Chocolate Pudding
(Banana)

Seafood Newburg Casserole
(with Shrimp & Mock Crab)
over Wild Rice
* **Steamed Spinach**
Mixed Green Salad
w/Honey Mustard Dressing
Fresh Fruit

Swiss Beef Patty
Capri Vegetables
* **Mashed Potatoes**
Whole Grain Roll w/Butter
Orange Gelatin w/Mandarins
(Diet Orange Gelatin w/Mandarins)

Chicken Tamale
w/Enchilada Sauce & Cheese
Apple Juice
Mexicali Corn
* **Broccoli Florets**
Sherbet
(Pears)



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Beef Sukiyaki
Steamed Rice
* **California Vegetables**
Green Salad
w/1000 Island Dressing
Fortune Cookie
Fresh Fruit

Breaded Pollock Fillet
w/Lemon Slice
Cream Chowder
Mixed Vegetables
* **Seasoned Potato Wedges**
Tartar Sauce
Sliced Peaches

Turkey Divan
Fruit Punch
Sliced Carrots
Brown Rice
* **Fresh Orange**



Oven Fried Chicken
Lentil Soup
Tender Green Beans
Macaroni and Cheese
* **Confetti Coleslaw**
Oatmeal-Raisin Pecan Cookie
(Mixed Fruit)

PLEASANT HILL
"BLUE CHRISTMAS" PARTY
Pot Roast w/Gravy
Peas w/Pearl Onions
* **Mashed Potatoes**
Tossed Salad
w/Blue Cheese Dressing
Banana Pudding
(Banana)

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COLD PLATE

Mock Crab Salad Sandwich
w/Lettuce, Tomato & Onion
Chicken Noodle Soup
Carrot Raisin Salad
Marinated Beets & Onions
Sourdough Bread
* **Tropical Fruit**

Chicken & White Bean Chili
* **Orange Pineapple Juice**
Vegetable Bean Medley
* **Stewed Tomatoes**
Cornbread w/Butter
Fresh Fruit



Spaghetti & Meatballs
w/Parmesan Cheese
* **California Vegetables**
Green Salad
w/Creamy Italian Dressing
Vanilla Ice Cream
(Fruit Cocktail)



Virginia Baked Ham
w/Honey Mustard Sauce
Mixed Vegetables
* **Spinach Salad**
w/Champagne Vinaigrette
Wild Rice
Frosted Marble Cake
(Fresh Fruit)

Turkey Burger w/Cheese
Split Pea Soup
Italian Vegetables
* **Seasoned Potato Wedges**
Lettuce, Tomato & Onion
Catsup, Mustard & Mayo
Bun
Raspberry Gelatin w/Pears
(Diet Raspberry Gelatin w/Pears)

23

24

25

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27

Buffalo Chicken Drumsticks
Cream of Spinach Soup
* **Potato Salad**
Celery Sticks
w/Ranch Dressing
Fudge Brownie
(Fresh Apple)



CHRISTMAS EVE HOLIDAY



CHRISTMAS HOLIDAY



Veal Parmesan
w/Parmesan Cheese
Capri Vegetables
Rotini w/Marinara Sauce
Mixed Green Salad
w/Red Wine Vinaigrette
* **Mandarin Oranges**

Cheese Omelet
w/Salsa
Pork Sausage
* **Roasted Red Potatoes**
* **Steamed Spinach**
Mixed Fruit
Muffin
(Applesauce)

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31

Macaroni & Cheese w/Ham
* **Stewed Tomatoes**
Green Peas
Tossed Salad
w/Catalina Dressing
Tapioca Pudding
(Pineapple Chunks)



NEW YEAR'S EVE COLD PLATE

Turkey Salad Sandwich
Hearty Vegetable Soup
4 Bean Salad w/Carrots
* **Creamy Coleslaw**
100% WW Bread X2
Mixed Fruit

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



= Item is higher in sodium
* = 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 DEC. 13 AND 31!
4 DAILY ALTERNATE ENTREE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**