



CoCo Café SEPTEMBER 2014 Menu @ Open House Senior Center (OHSC)

Call (510) 559-7677 the previous day before 12 noon for lunch reservations.

1	2	3	4	5
<p>LABOR DAY HOLIDAY!</p> 	<p>Labor Day Celebration</p> <p>Oven Breaded Chicken Sandwich Corn Chowder * Potato Wedges Mixed Vegetables Lettuce, Pickles Mayonnaise Bun Sherbet (Fresh Fruit)</p>	<p>Meat Ravioli w/Marinara Sauce & Parmesan Cheese * California Blend Steamed Zucchini 100% WW Bread w/Marg. Chilled Pears</p>	<p>Cold Plate</p> <p>Jack's Mock Crab Salad Potato Leek Soup Pickled Beets & Onions * Tropical Fruit Cup French Bread Lettuce, Tomato & Onion * Cantaloupe</p>	<p>Roast Beef w/Gravy * Mashed Potatoes Capri Vegetables Mixed Green Salad w/Blue Cheese Dressing 100% WW Bread w/Marg. Cherry Gelatin w/Mixed Fruit (Diet Cherry Gelatin w/ Mixed Fruit)</p>
8	9	10	11	12
<p>Grandparent's Day Celebration</p> <p>Breast of Chicken Marsala Cream of Spinach Soup Tossed Salad w/Creamy Italian Dressing Sliced Carrots Twisted Noodles/Pesto * Citrus Fruit</p> 	<p>Ye Old Pub Cheese Burger * Rancho Fiesta Blend * Herb Potato Salad Lettuce, Tomato & Onion Mustard, Catsup Mayonnaise & Relish Bun Peaches</p>	<p>Cold Plate</p> <p>Asian Chicken Salad (Spring Mix, *Mandarin Oranges, Sesame Seed Dressing & Crisp Noodles) Bokchoy Soup Carrot-Raisin Salad 100% WW Bread w/Marg. Fresh Fruit</p>	<p>BBQ Pork Rib Patty Capri Vegetables * Scalloped Potatoes Roll w/Marg. Lime Gelatin w/Pears (Diet Lime Gelatin w/Pears)</p>	<p>Beer Batter Fish & Chips * Tomato Basil Soup * Coleslaw Sweet Peas Tartar Sauce/Vinegar Chocolate Pudding (Applesauce)</p>
15	16	17	18	19
<p>Colossal Hot Dog w/Cheese Baked Beans * Potato Salad Onion/Mustard Catsup & Relish Bun Cinnamon Sliced Apples</p>	<p>Cold Plate</p> <p>Waldorf Chicken Salad on Mixed Greens Hearty Vegetable Soup Marinated Greek Salad 100% WW Bread w/Marg. * Tropical Fruit</p>	<p>Virginia Style Baked Ham w/Pineapple/Raisin Sauce * Glazed Sweet Potatoes * California Blend 100% WW Bread w/Marg. Mixed Fruit</p>	<p>Stuffed Pepper Lentil Soup Spring Bean Medley * Delmonico Potatoes 100% WW Bread w/Marg. * Cantaloupe</p>	<p>Southern Style BBQ Chicken Mushroom Barley Soup Whole Kernel Corn * Swiss Chard or Spinach Cornbread w/Margarine Ambrosia Salad (Fresh Fruit)</p>
22	23	24	25	26
<p>Fall Begins</p> <p>Sweet & Sour Pork Sliced Carrots Polynesian Vegetables Steamed Rice * Mandarin Oranges</p>	<p>Tempting Tamale Pie w/Corn Bread Topping * California Blend Black Beans Mixed Green Salad w/Ranch Dressing Peaches</p>	<p>Cold Plate</p> <p>Turkey Sandwich Pumpkin Celery Soup 4 Bean Salad w/Carrots * Potato Salad Lettuce & Tomato Mustard, Mayonnaise 100% WW Bread X2 Pineapple Chunks</p>	<p>Oven Roasted Chicken Savory Bean Soup Garlic Mashed Potatoes * Broccoli 100% WW Bread w/Marg. Marble Cake (Fresh Fruit)</p>	<p>Krabby Cake * Extra Cheesy Scalloped Potatoes Spring Bean Medley Spinach Salad w/Catalina Dressing Tartar Sauce * Citrus Fruit</p>
29	30			
<p>Breaded Cod Fishwich Sandwich Manhattan Clam Chowder Capri Vegetables * Coleslaw Bun Tartar Sauce Pears</p>	<p>Cold Plate</p> <p>Cobb Salad Minestrone Soup * Tropical Fruit Blue Cheese Dressing 100% WW Bread w/Marg. Butterscotch Pudding (Fresh Fruit)</p>	<p>* = Vitamin C ___ = Vitamin A () = Dessert of Choice All meals served w/low fat milk.</p>		



**DELICIOUS DECISIONS! DON T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON SEPT. 2, SEPT. 8 AND SEPT. 22
5 DAILY ENTREE CHOICES: ENTREE D'JOUR, CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!**