

AUGUST 2008

Monday



4



Tuesday

5

C.C. CAFE

Wednesday

* = Vitamin C
_ = Vitamin A
() = Dessert of Choice

All meals served w/low fat milk.

6

Thursday



7

AUGUST 2008

Friday

1

Spaghetti & Meatballs
* **California Blend**
Tossed Salad
w/Ranch Dressing
100% WW Bread w/Marg.
Peaches

8

**CONCORD CELEBRATION!
TALENT SHOW!**

Hot Dog w/Cheese
Mixed Green Salad
w/Blue Cheese Dressing
* Potato Salad
Bun
Mustard, Mayo, Onion, Relish
Ice Cream
* (Tropical Fruit)

11

Tempting Tamale Pie
w/Corn Bread Topping
* Orange Juice
Carrots in Lite Sauce
* Broccoli
Fresh Fruit

Muy Buenol

12

Cold Plate:

Cobb Salad
Pea Soup
100% WW Bread w/Marg.
Blue Cheese Dressing
* Citrus Fruit Cup

13

Very Tender Yankee
Pot Roast w/Gravy
* **California Blend**
* Baked Potato w/Margarine
100% WW Bread w/Marg.
* **Cantaloupe**

14

Chinese Style BBQ Chicken
Bok Choy Soup
Polynesian Vegetables
Mixed Green Salad
w/Blue Cheese Dressing
Spicy Asian Noodles
* Mandarin Oranges
w/Fortune Cookie

15

**SUMMERTIME, SUMMERTIME
SUM..SUM..SUM.....**

Delicious Krabby Cake
Manhattan Clam Chowder
* Extra Cheesy Scalloped Potatoes
Tossed Salad
w/Ranch Dressing
Tartar Sauce
100% WW Bread w/Marg.
Cheesecake w/Fruit Topping
(Fresh Fruit)

18

Breaded Cod Fish
Lemon Slice
Vegetable Lentil Soup
Capri Vegetables
* Coleslaw
Fluffy Rice Pilaf
Tartar Sauce
Chocolate Pudding
(Plums)

19

Ye Old Pub Cheese Burger
Boston Baked Beans
* Potato Salad
Lettuce, Tomato & Onion
Mustard, Catsup,
Mayonnaise & Relish
Bun
Orange Gelatin w/Pears
* (Dietetic Orange Gelatin/Pears)

20

HOLA!

Chicken Fajita w/Red &
Green Peppers & Onion
Mexicali Blend
Tossed Salad
w/Ranch Dressing
Flour Tortilla
* Mandarin Oranges

21

Sweet & Sour Pork
* Mixed Cabbage Salad
w/Poppy Seed Dressing
& Crisp Noodles
Mixed Vegetables
Steamed Rice w/Marg.
* **Tropical Fruit**

22

Cold Plate:

Waldorf Chicken Salad
on Mixed Greens
Cream of Pumpkin Celery Soup
3 Bean Salad
Pickled Beets & Onions
100% WW Bread w/Marg.
* **Cantaloupe**

25

Kathy's Pork & Rice
Hawaiian Vegetable Mix
Spinach & Mixed Greens
w/Ranch Dressing
* Citrus Fruit Cup

26

Cold Plate:

Jack's Mock Crab Salad
Potato Leek Soup
Pickled Beets & Onions
* Tropical Fruit Salad
French Bread
Lettuce, Tomato & Onion
Carrot Cake
(Apricots)

27

**PITTSBURG'S ENDLESS
SUMMER DANCE**

Beer Batter Fish
& Chips
Coleslaw
Green Beans
Dinner Roll w/Marg.
Tartar Sauce/Vinegar
* Melon

28

Hot Turkey Sandwich
w/Gravy
Vegetable Soup
Garden Fresh Petite Peas
* Garlic Mashed Potatoes
Cranberry Sauce
100% WW Bread w/Marg.
Peaches

29

Roast Beef w/Gravy
Cream of Tomato Soup
* Baked Potato w/Margarine
* **California Blend**
Tossed Salad
w/Blue Cheese Dressing
Dinner Roll w/Margarine
Cherry Gelatin w/Pears
(Dietetic Cherry Gelatin
w/Pears)

**DELICIOUS DECISIONS! DON T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON AUG. 8, AUG 15 & AUG. 27
4 DAILY ENTRÉE CHOICES: ENTRÉE D'JOUR, CHEESEBURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!**