
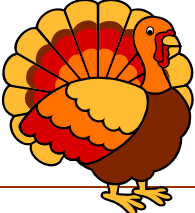




NOVEMBER 2009

C.C. CAFE

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Sweet & Sour Pork * <u>Broccoli</u> <u>Mixed Vegetables</u> Steamed Rice Pilaf <u>Apricot Halves</u>	3 <u>ELECTION DAY! Remember to Vote Early and...</u> <u>ALL AMERICAN</u> Oven Fried Chicken <u>Spring Bean Medley</u> * Mashed Potatoes w/Gravy Corn Bread w/Marg. Apple Pie (Fresh Fruit)	4 Very Tender Yankee Pot Roast w/Gravy <u>Capri Vegetables</u> * Baked Potato w/Marg. 100% WW Bread w/Marg. Tapioca Pudding (Plums)	5 <u>Soup & Sandwich Treat</u> Chicken Salad Sandwich Barley Mushroom Soup Lettuce, Tomato & Onion 3 Bean Salad w/ <u>Carrots</u> 100% WW Bread x 2 * Mandarin Oranges	6 <u>FALL FISH FEST!</u> Alaskan Salmon Patty w/Dill Sauce Mixed Green Salad w/Ranch Dressing <u>Italian Mixed Vegetables</u> Fluffy Rice Pilaf Tartar Sauce * Tropical Fruit Cup
9 Hot Turkey Sandwich w/Gravy Minestrone Soup Garden Fresh Petite Peas * Mashed Potatoes Cranberry Sauce 100% WW Bread w/Marg. Mixed Fruit Cup	10 Mike's Delicious Down-Home Meatloaf Cream of Tomato Soup <u>Mixed Vegetables</u> * DelMonaco Potatoes 100% WW Bread w/Marg. Cherry Gelatin w/Pears (Dietetic Cherry Gelatin w/Pears)	11 <u>VETERAN'S DAY HOLIDAY!</u> 	12 <u>VETERAN'S DAY CELEBRATION!</u> Yankee Doodle Dog w/Cheese * Orange/Pineapple Juice * Mixed Cabbage Salad w/Poppy Seed Dressing & Crisp Noodles * Seasoned Potato Wedges Mustard, Onions, Relish, Catsup Bun Sherbet (Peaches)	13 <u>HOLA!</u> Chicken Fajita w/Red & Green Peppers & Onion Mexicali Blend * <u>Swiss Chard or Spinach</u> Flour Tortilla * <u>Mandarin Oranges</u>
16 Linda's Special Stuffed Peppers Chicken & Rice Soup <u>Italian Vegetables</u> * Scalloped Potatoes 100% WW Bread w/Marg. Fresh Fruit	17 Breaded Cod Fish w/Lemon Slice Clam Chowder <u>Carrots in Lite Sauce</u> * Coleslaw Fluffy Rice Pilaf Tartar Sauce Peaches	18 Shui's Herb Chicken Breast Tossed Salad w/Ranch Dressing * Winter Blend Vegetables Twisted Noodles w/Pesto Sauce 100% WW Bread w/Marg. Lime Gelatin w/Fruit Cocktail (Dietetic Lime Gelatin w/Fruit Cocktail)	19 <u>Cold Plate</u> Thin Ham Slices Cream of Broccoli Soup <u>Carrot Raisin Salad</u> Pickled Beet & Onion Salad Lettuce & Tomato Mustard & Mayonnaise Rye Bread * Tropical Fruit	20 <u>PLYMOUTH PLANTATION FEAST</u> Veal Birds w/Mushroom Sauce Apple Juice * Mashed Potatoes <u>Spring Bean Medley</u> Dinner Roll w/Margarine Sweet Potato Pie w/Whipped Topping (Apricot Halves)
23 Beef Sukiyaki * Orange Juice Tender Green Beans Steamed Rice Pears	24 Baked Chicken Tahitian <u>Polynesian Vegetables</u> * Mixed Cabbage Salad w/Poppy Seed Dressing & Crisp Noodles Spicy Asian Noodles Chocolate Pudding (Banana)	25 All American Cheese Pub Burger * <u>California Blend</u> * Potato Salad Lettuce, Tomato & Onion Mustard, Catsup, Relish, & Mayonnaise Bun Mixed Fruit Cup	26 <u>THANKSGIVING DAY HOLIDAY</u> 	27 <u>HOLIDAY!</u> 
30 <u>Cold Plate:</u> Cobb Salad Pea Soup 100% WW Bread w/Marg. Blue Cheese Dressing * Citrus Fruit Cup		* = 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 Nov. 6, Nov. 12 and Nov. 20
4 DAILY ENTRÉE CHOICES: ENTRÉE D'JOUR, CHEESEBURGER, CHEF'S SALAD AND SEAFOOD LOUIE SALAD!**