


MAY 2019

Monday

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

C.C. CAFE

Wednesday

1

COLD PLATE

Roast Beef & Cheese Sandwich *
Hearty Vegetable Soup
Carrot Raisin Salad
* Potato Salad
Lettuce & Tomato
Mustard & Mayonnaise
Whole Wheat Bread x 2
Chocolate Pudding
(Mixed Fruit)

Thursday

2

Beer Battered Fish and Chips
Mixed Vegetables
* Pineapple Coleslaw
Tartar Sauce, Vinegar
Seasonal Fresh Fruit

MAY 2019

Friday

3

SAN PABLO CELEBRATES CINCO DE MAYO NEW ITEM!

Turkey Enchilada Bake
Mexicali Corn
Tossed Salad w/Ranch Dressing
* Tropical Fruit



6

7

8

9

10

Swiss Beef Patty
Mushroom Barley Soup
* California Vegetables
* Mashed Potatoes
Whole Grain Roll w/Butter
Seasonal Fresh Fruit

COLD PLATE

Chicken Fiesta Salad (Black Beans, Corn, Cheese, Salsa, Onions, Mixed Greens)
Pork Posole Soup
Ranch Dressing
Roll w/Butter
* Citrus Fruit

NEW ITEM!

Turkey Burger
Capri Vegetables
* Garlic Fries
Lettuce, Tomato & Onion
Catsup, Mustard & Mayo
Bun
* Cantaloupe

Cheese Tortellini w/Pesto and Parmesan Cheese
Sliced Carrots
* Broccoli Florets
Cherry Gelatin w/Pears (Diet Cherry Gelatin w/Pears)



MOTHER'S DAY CELEBRATION

Krabby Cake
* Cheesy Scalloped Potatoes
* Steamed Spinach
Mixed Green Salad w/Honey Mustard Dressing
Tartar Sauce
Strawberry Cake (Applesauce)

13

14

15

16

17

Chicken Marsala over Buttered Noodles
Grape Juice
* Stewed Tomatoes
Italian Vegetables
Fruit Cocktail

RODEO CELEBRATES MOTHER'S DAY

Stuffed Pepper
Lentil Soup
* Broccoli & Cauliflower
Fluffy Rice Pilaf
Sherbet (Banana)



Fish Taco w/Flour Tortilla
Clam Chowder
Refried Beans
* Cilantro Coleslaw
Salsa
Seasonal Fresh Fruit

Veal Parmesan w/Parmesan Cheese
Capri Vegetables
Penne w/Marinara Sauce
Tossed Salad w/Champagne Vinaigrette
* Mandarin Oranges

COLD PLATE

Asian Chicken Salad (* Mandarin Oranges, Spring Mix, Sesame Seed Dressing, and Crispy Noodles)
Bok Choy Soup
4 Bean Salad
Hawaiian Roll w/Butter
* Watermelon

20

21

22

23

24

Sweet & Sour Meatballs over Brown Rice
* Steamed Spinach
Peas and Carrots
Sliced Pears


COLD PLATE

Tuna Salad Sandwich w/Lettuce, Tomato & Onion
Tomato Basil Soup
Pickled Beets & Onions
Marinated Cucumber Salad
French Bread
* Tropical Fruit

BBQ Chicken Thigh
* Mashed Potatoes
Mixed Vegetables
Tossed Salad w/Blue Cheese Dressing
Orange Gelatin w/Mandarins
(Diet Orange Gelatin w/Mandarins)

Turkey Divan w/Broccoli
* Sliced Carrots
Mixed Green Salad w/Balsamic Vinaigrette
Wild Rice
Seasonal Fresh Fruit

ANTIOCH ANNUAL PICNIC

 All American Hot Dog w/Cheese & Onions
Baked Beans
* California Vegetables
Catsup, Mustard, Relish
Bun
Ice Cream (Fresh Apple)

27

28

29

30

31

MEMORIAL DAY HOLIDAY



Spaghetti & Meatballs w/Parmesan Cheese
Italian Green Beans
Tossed Salad w/Creamy Italian Dressing
* Citrus Fruit

SAN PABLO HEALTH & FITNESS DAY

COLD PLATE

 Ham & Swiss on Rye Bread
Split Pea Soup
Carrot & Celery Sticks
* Creamy Coleslaw
Lettuce & Tomato
Mustard, Mayonnaise
* Watermelon

Potato Crusted Fish
Chicken Noodle Soup
* Steamed Spinach
Rice Pilaf
Tartar Sauce
Vanilla Pudding (Fresh Fruit)

Cheese & Green Chili Tamale w/Enchilada Sauce
Capri Vegetables
Pinto Beans
Mixed Green Salad w/1000 Island Dressing
* Mandarin Oranges

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAY 3, 10, 14, 24 AND 29.
4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!