

MARCH 2019

Monday

Tuesday


C.C. CAFE

Wednesday

Thursday

MARCH 2019

Friday

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



CELEBRATE NATIONAL NUTRITION MONTH COLD PLATE

Roasted Turkey Sandwich
 Cream of Spinach Soup
 Pickled Beets & Onions
 * Pineapple Coleslaw
 Lettuce & Tomato
 Mustard & Mayonnaise
 Whole Wheat Bread x2
 Ice Cream (Fresh Fruit)

4

Apricot Chicken
 Savory Bean Soup w/Crackers
 Tender Green Beans
 * Whipped Sweet Potatoes
 Fresh Fruit

5

Swedish Meatballs over Brown Rice
 * Steamed Spinach
 Sliced Carrots
 Chocolate Pudding (Banana)

6

Cheese Tortellini w/Pesto and Parmesan Cheese
 Italian Vegetables
 Tossed Salad w/Champagne Vinaigrette
 * Fresh Orange

7

COLD PLATE
 Chicken Salad Sandwich
 Lentil Soup
 Garden Pea Salad
 Carrot Raisin Salad
 Lettuce & Tomato
 Thin Whole Grain Bun
 * Mandarin Oranges

8

Breaded Fish w/Lemon Slice & Tartar Sauce
 Clam Chowder
 Capri Vegetables
 Tossed Salad w/Honey Mustard Dressing
 Rice Pilaf
 * Tropical Fruit

11

Spinach & Mushroom Alfredo Pasta w/Parmesan Cheese
 * California Blend
 * Stewed Tomatoes
 Mixed Fruit



12

Pork Carnitas w/Salsa on a Flour Tortilla
 Chicken & Rice Soup
 Pinto Beans
 * Creamy Coleslaw
 Lime Sherbet (Fresh Fruit)

13

Beer Battered Fish & Chips
 * Cream of Tomato Soup
 Pickled Beets & Onions
 Tartar Sauce, Vinegar
 Chilled Peaches

14

RODEO CELEBRATES ST. PATRICK'S DAY
 Turkey Divan w/Broccoli
 * Sliced Carrots
 Mixed Green Salad w/Balsamic Vinaigrette
 Rice Pilaf
 Fresh Fruit



15

ST. PATRICK'S DAY PARTY
 Delicious Corned Beef and Cabbage
 * Red Potatoes
 Mixed Vegetables
 Mustard
 Leprechaun Cake (Applesauce)



18

Meatloaf w/Gravy
 * Mashed Potatoes
 * Broccoli Florets
 Mixed Green Salad w/Ranch Dressing
 Tapioca Pudding (Fresh Fruit)

19

Turkey a la King over Rice
 Italian Vegetables
 * Stewed Tomatoes
 Cherry Gelatin w/Diced Pears (Diet Cherry Gelatin w/Diced Pears)

20

CROCKETT PRESENTATION: "AGE WELL - DRIVE SMART"
COLD PLATE
 Cobb Salad
 Beef Barley Soup
 Carrot Raisin Salad
 Blue Cheese Dressing
 Dinner Roll w/Butter
 * Citrus Fruit

21

Spaghetti & Meatballs w/Parmesan Cheese
 Italian Green Beans
 Tossed Salad w/Creamy Italian Dressing
 * Fresh Orange

22

Fish Sandwich w/Cheese
 Potato Leek Soup
 Succotash
 * Spinach Salad w/Red Wine Vinaigrette
 Tartar Sauce
 Bun
 Fresh Fruit

25

Turkey Tamale Pie w/Cornbread Topping
 Pinto Beans
 Sliced Carrots
 * Tropical Fruit



26

COLD PLATE
 Asian Chicken Salad (*Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles)
 Egg Drop Soup
 4-Bean Salad
 Hawaiian Roll w/Butter
 * Citrus Fruit

27

WALNUT CREEK LUNCH AND LEARN
 Ye Old Pub Cheese Burger
 Minestrone Soup
 * Seasoned Potato Wedges
 Vegetable Bean Medley
 Lettuce, Tomato & Onion
 Catsup, Mustard, Mayo
 Relish, Bun
 Fresh Fruit

28

Sweet & Sour Pork over Steamed Rice
 * Broccoli Florets
 * Mixed Cabbage Salad w/Poppy Seed Dressing
 Fortune Cookie
 (Fruit Cocktail)

29

Chicken Fajita w/Peppers & Onions, Salsa and Flour Tortilla
 Pork Posole Soup
 Whole Kernel Corn
 Capri Vegetables
 * Mandarin Oranges



**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAR. 1, 14, 15, 20, and 27!
 4 DAILY ALTERNATIVE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**