

Monday

Tuesday

Wednesday

Thursday

Friday

2

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LABOR DAY CELEBRATION

Krabby Cake
Clam Chowder
* Extra Cheesy Scalloped Potatoes
* Broccoli Florets
Tartar Sauce
Seasonal Fresh Fruit

COLD PLATE

Turkey Salad Sandwich
Hearty Vegetable Soup
Marinated Beets & Onions
* Potato Salad
Lettuce & Tomato
100% WW Bread X2
* Citrus Fruit

Cheese Omelet w/Salsa
Pork Sausage
* Roasted Red Potatoes
* Steamed Spinach
Muffin
(Sliced Pears)

Creamy Mushroom Chicken over Penne Noodles
* California Vegetables
Italian Green Beans
Ice Cream
(Fresh Fruit)

9

10

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GRANDPARENTS DAY

Veal Parmesan a la Romano & Parmesan Cheese
Italian Vegetables
Rotini w/Marinara Sauce
Tossed Green Salad w/Creamy Italian Dressing
* Mandarin Oranges

COLD PLATE

Curried Chicken Salad on Mixed Greens
Lentil Soup
4-Bean Salad
Baby Carrots
Hawaiian Roll w/Butter
* Tropical Fruit

Beer Battered Fish & Chips
* Mixed Vegetables
* Pineapple Coleslaw
Tartar Sauce, Vinegar
Cherry Gelatin w/Mixed Fruit (Diet Cherry Gelatin w/Mixed Fruit)

EL CERRITO CELEBRATES HISPANIC HERITAGE MONTH
Chicken Tamale w/Enchilada Sauce & Cheese
Mexicali Corn
* Broccoli Florets
Coconut Cream Pie (Fresh Fruit)

Pork Afritada over Steamed Rice
Apple Juice
Steamed Carrots
Mixed Green Salad w/Honey Mustard Dressing
* Tropical Fruit

16

17

18


19

20

Turkey Enchilada Bake
* Orange Pineapple Juice
Mexicali Corn
* Spinach Salad w/Ranch Dressing
Big Cookie (Sliced Peaches)

Spaghetti & Meatballs w/Parmesan Cheese
* California Vegetables
Tossed Salad w/Red Wine Vinaigrette
Cinnamon Applesauce

COLD PLATE
Chicken Fiesta Salad (Black Beans, Corn, Cheese, Salsa, Mixed Greens, Onions)
Pork Posole Soup
Ranch Dressing
Tortilla Chips
* Cantaloupe

 Virginia Style Baked Ham w/Pineapple Raisin Sauce
* Yams
Capri Vegetables
Mixed Green Salad w/Champagne Vinaigrette
Seasonal Fresh Fruit

Hearty Beef Stew
* Stewed Tomatoes
Green Beans
Biscuit w/Butter
Vanilla Pudding (Fresh Fruit)

23

24

25

26

27

FALL BEGINS

Chicken & White Bean Chili
* Orange Juice
Vegetable Bean Medley
Tossed Salad w/1000 Island Dressing
Cornbread w/Butter
Chocolate Pudding (Mixed Fruit)

WALNUT CREEK LUNCH AND LEARN

COLD PLATE

Roast Turkey Sandwich w/Lettuce & Tomato on a Thin WW Bun
Mushroom Barley Soup
Pickled Beets & Onions
* Potato Salad
Mustard, Mayonnaise
Sherbet (Pineapple Chunks)

Cheese Tortellini w/Pesto and Parmesan Cheese
Sliced Carrots
* Spinach Salad w/Balsamic Vinaigrette
Seasonal Fresh Fruit

Swiss Beef Patty
Mixed Vegetables
* Mashed Potatoes
Whole Grain Roll w/Butter
Lemon Gelatin w/Whipped Topping (Diet Lemon Gelatin)


COLD PLATE
Tuna Salad Sandwich w/Lettuce, Tomato & Onion on French Bread
Tomato Basil Soup
* Pineapple Coleslaw
Marinated Zucchini Salad
* Mandarin Oranges

30

SAN PABLO CELEBRATES NATIONAL LOVE DAY

Stuffed Bell Pepper
Minestrone Soup
* Cheesy Scalloped Potatoes
* Marinated Broccoli Salad
Red Velvet Cake (Fresh Fruit)



 = Item is higher in sodium
* = 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 SEPT. 3, 9, 12, 23, 24, AND 30.
4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!