

OCTOBER 2019

C.C. CAFE

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Monday

Tuesday

Wednesday

Thursday

Friday



1
Cheese Omelet w/Salsa
Pork Sausage
 * **Roasted Red Potatoes**
 * **Steamed Spinach Muffin**
(Applesauce)

2
Turkey Divan over Brown Rice
Mixed Vegetables
Green Salad w/Honey Mustard Dressing
 * **Citrus Fruit**

3
Potato Crusted Fish w/Lemon Slice
Split Pea Soup
Vegetable Bean Medley
 * **Seasoned Potato Wedges**
 * **Creamy Coleslaw**
Tartar Sauce
Seasonal Fresh Fruit

4
COLUMBUS DAY CELEBRATION
Oven Fried Chicken
Chicken Noodle Soup
 * **California Vegetables**
Corn on the Cob
Tossed Salad w/Ranch Dressing
Tapioca Pudding (Sliced Peaches)

7

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11

COLD PLATE
Asian Chicken Salad
 * **(Mandarin Oranges, Spring Mix, Sesame Seed Dressing, and Crispy Noodles)**
Egg Drop Soup
Carrot Raisin Salad
Dinner Roll w/Butter
Cookie (Fresh Fruit)

Meatloaf w/Gravy
Cream of Tomato Soup
 * **Baked Potato w/Butter**
Mixed Vegetables
Seasonal Fresh Fruit

Beer Battered Fish and Chips
 * **Vegetable Bean Medley**
 * **Confetti Coleslaw**
Tartar Sauce, Vinegar
Fruit Cocktail

Turkey a la King over Rice
 * **Broccoli Florets**
 * **Stewed Tomatoes**
Orange Gelatin w/Oranges (Diet Orange Gelatin w/Oranges)

OKTOBERFEST!
German Sausage
 * **Seasoned Steamed Cabbage**
 * **Hot German Potato Salad**
Mustard Bun
Apple Pie (Fresh Apple)

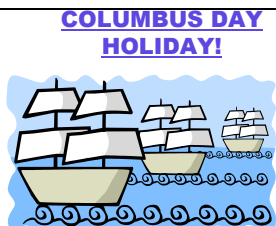
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18



Seafood Newburg Casserole (with Shrimp & Mock Crab) over Wild Rice
Grape Juice
Vegetable Bean Medley
Green Peas w/Pearl Onions
 * **Tropical Fruit**

COLD PLATE
Cobb Salad w/Blue Cheese Dressing
Hearty Vegetable Soup
 * **Potato Salad**
Dinner Roll w/Butter
Seasonal Fresh Fruit

NATIONAL PASTA DAY
Spaghetti & Meatballs w/Parmesan Cheese
Marinated Beets & Onions
 * **Spinach Salad w/Balsamic Vinaigrette**
Carrot Cake (Fresh Fruit)

Turkey Tamale Pie w/Cornbread Topping
 * **Broccoli & Cauliflower**
Mixed Green Salad w/1000 Island Dressing
Sherbet (Sliced Pears)

21

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23

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Salisbury Steak w/Onion Gravy
Green Beans
 * **Mashed Potatoes**
 * **Stewed Tomatoes**
Vanilla Pudding (Applesauce)

COLD PLATE
Chicken Caesar Salad (Mesquite Chicken, Parmesan Cheese, Romaine Lettuce, Cherry Tomatoes, Croutons)
Minestrone Soup
 * **Marinated Veggie Salad**
Dinner Roll w/Butter
Caesar Dressing
Seasonal Fresh Fruit

NATIONAL UNITY DAY
Pork Carnitas w/Salsa
Spanish Rice
Carrot Raisin Salad
Tossed Salad w/Ranch Dressing
 * **Mandarin Oranges**

Teriyaki Chicken Breast
 * **Broccoli & Carrots**
Asian Sesame Noodles
Mixed Green Salad w/Asian Dressing
Fortune Cookie
Pineapple Chunks

Breaded Pollock Fillet w/Lemon Slice
Clam Chowder
 * **Cheesy Scalloped Potatoes**
 * **Creamy Coleslaw**
Mixed Fruit

28

29

30

31

COLD PLATE
Mock Crab Salad Sandwich w/Lettuce, Tomato & Onion
Chicken & Orzo Soup
Marinated Beets & Onions
Garden Pea Salad
WW Bread x 2
 * **Citrus Fruit**

Turkey Burger w/Cheese
Italian Vegetables
 * **Potato Nuggets**
Lettuce, Tomato & Onion
Catsup, Mustard & Mayo
Bun
Lemon Pudding (Fresh Fruit)

BBQ Chicken Thigh
 * **Broccoli Florets**
Whole Kernel Corn
 * **Mashed Potatoes**
Strawberry Gelatin w/Pears
(Diet Strawberry Gelatin w/Pears)

HALLOWEEN CELEBRATION!
Frightful All-Beef Hot Dog w/Onions & Cheese
 * **Creepy-crawly Coleslaw**
Blood-curdling Baked Beans
Catsup, Mustard, Relish
Mummy Wrapped Bun
Ghoulish Brownie
(Freaky 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 OCTOBER 4, 11, 17, 23, AND 31. 4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER, GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!