

NOVEMBER 2018

C.C. CAFE

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Monday

Tuesday

Wednesday

Thursday

Friday



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



1
 Potato Crusted Fish
 Clam Chowder
Vegetable Bean Medley
 * Cheesy Scalloped Potatoes
 Tartar Sauce
 Strawberry Gelatin
 w/Mixed Fruit
 (Diet Strawberry Gelatin
 w/Mixed Fruit)

2
 Pork Carnitas
 w/Salsa
 on a Flour Tortilla
 * California Blend
 Mixed Green Salad
 w/Ranch Dressing
 Seasonal Fresh Fruit



5

NEW ITEM!

Southwest Chicken Pasta
 * Broccoli Florets
 Fiesta Corn Salad
 * Tropical Fruit



6

Roast Beef w/Gravy
 Mushroom Barley Soup
 * Baked Potato
Carrots in Lite Sauce
 Dinner Roll w/Butter
 Seasonal Fresh Fruit

7

COLD PLATE

Chicken Caesar Salad
 (Mesquite Chicken, Parmesan
 Cheese, Romaine Lettuce,
 Cherry Tomatoes, Croutons)
 Minestrone Soup
 * Marinated Veggie Salad
 WW Roll w/Butter
 Caesar Dressing
 Tapioca Pudding (Fresh Fruit)

8

Turkey Tamale Pie
 w/Corn Bread Topping
Capri Vegetables
 Pinto Beans
 Mixed Green Salad
 w/1000 Island Dressing
 * Mandarin Oranges

9

Tuna Casserole Au Gratin
Diced Carrots
 * Seasoned Collard Greens
 Seasonal Fresh Fruit



12

VETERAN'S DAY



13

Mediterranean Chicken Taco
 w/Flour Tortilla
 Diced Tomatoes & Onions
 Steamed Zucchini
 * Roasted Red Potatoes
 Cherry Gelatin
 w/Whipped Topping
 (Diet Cherry Gelatin)

14

Beer Battered Fish
 * and Chips
 Tomato Basil Soup
Vegetable Bean Medley
 Pickled Beets & Onions
 Tartar Sauce, Vinegar
 Sliced Peaches



15

COLD PLATE

Chicken Salad Sandwich
 Split Pea Soup
Carrot Raisin Salad
 * Pineapple Coleslaw
 Lettuce & Tomato
 Thin Whole Grain Bun
 Banana

16

Swedish Meatballs
Mixed Vegetables
 * Stewed Tomatoes
 Rice Pilaf
 Gingerbread Cake
 (Fresh Fruit)

19

Chicken White Bean Chili
 Tender Green Beans
 * Spinach Salad
 w/Honey Mustard Dressing
 Cornbread w/Butter
 Mixed Fruit



20

**THANKSGIVING DAY
 CELEBRATION!**

Traditional Old Fashioned
 Turkey Dinner w/Gravy
 * Broccoli & Carrots
 * Mashed Potatoes
 Stuffing
 Cranberry Sauce
 Pumpkin Pie
 (Pears)

21

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

22



23

HOLIDAY!



26

COLD PLATE

Mock Crab Salad Sandwich
 Potato Leek Soup
 4-Bean Salad
Carrot Raisin Salad
 French Bread
 Lettuce, Tomato & Onion
 * Tropical Fruit

27

NEW ITEM!

BBQ Chicken
 on a Bun
 Chicken Orzo Soup
 * Coleslaw
 Baked Beans
 Seasonal Fresh Fruit

28

Sweet & Sour Pork
 over Brown Rice
 Tender Green Beans
 * Winter Vegetable Blend
 Cherry Gelatin
 w/Whipped Topping
 (Diet Cherry Gelatin)

29

Lincoln's Log Cabin
 Hearty Beef Stew
 * California Blend
 Mixed Green Salad
 w/Blue Cheese Dressing
 Biscuit w/Butter
 Fresh Apple

30

NEW ITEM!

Baked Ziti w/Ground Turkey
 * Steamed Spinach
 Pickled Beets
 Tossed Green Salad
 w/Creamy Italian Dressing
 Sherbet
 (Banana)

**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEAL ON NOV. 20.
 4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**