









MARCH 2019		C.C. CAFÉ		MARCH 2019					
Monday	Tuesday	Wednesday	Thursday	Friday					
<p>☞ = Item is higher in sodium            * = Vitamin C            _ = Vitamin A            () = Dessert of Choice            All meals served w/low fat milk.</p>		 				<p>1  <b>CELEBRATE NATIONAL NUTRITION MONTH</b>  <b>COLD PLATE</b>            Roasted Turkey Sandwich            Cream of Spinach Soup            Pickled Beets &amp; Onions            * Pineapple Coleslaw            Lettuce &amp; Tomato            Mustard &amp; Mayonnaise            Whole Wheat Bread x2            Ice Cream (Fresh Fruit)</p>			
4		5		6		7		8	
Apricot Chicken Savory Bean Soup w/Crackers Tender Green Beans * Whipped Sweet Potatoes Fresh Fruit		Swedish Meatballs over Brown Rice * Steamed Spinach Sliced Carrots Chocolate Pudding (Banana)		Cheese Tortellini w/Pesto and Parmesan Cheese <u>Italian Vegetables</u> Tossed Salad w/Champagne Vinaigrette * Fresh Orange		<b>COLD PLATE</b> Chicken Salad Sandwich Lentil Soup Garden Pea Salad Carrot Raisin Salad Lettuce & Tomato Thin Whole Grain Bun * Mandarin Oranges		Breaded Fish w/Lemon Slice & Tartar Sauce Clam Chowder Capri Vegetables Tossed Salad w/Honey Mustard Dressing Rice Pilaf * Tropical Fruit	
11		12		13		14		15	
Spinach & Mushroom Alfredo Pasta w/Parmesan Cheese * California Blend * Stewed Tomatoes Mixed Fruit 		Pork Carnitas w/Salsa on a Flour Tortilla Chicken & Rice Soup Pinto Beans * Creamy Coleslaw Lime Sherbet (Fresh Fruit)		Beer Battered Fish & Chips * Cream of Tomato Soup Pickled Beets & Onions Tartar Sauce, Vinegar Chilled Peaches		<b>RODEO CELEBRATES ST. PATRICK'S DAY</b> Turkey Divan * w/Broccoli Sliced Carrots Mixed Green Salad w/Balsamic Vinaigrette Rice Pilaf Fresh Fruit 		<b>ST. PATRICK'S DAY PARTY</b> ☞ Delicious Corned Beef and Cabbage * Red Potatoes Mixed Vegetables Mustard Leprechaun Cake (Applesauce) 	
18		19		20		21		22	
Meatloaf w/Gravy * Mashed Potatoes * Broccoli Florets Mixed Green Salad w/Ranch Dressing Tapioca Pudding (Fresh Fruit)		Turkey a la King over Rice <u>Italian Vegetables</u> * Stewed Tomatoes Cherry Gelatin w/Diced Pears (Diet Cherry Gelatin w/Diced Pears)		<b>CROCKETT PRESENTATION:</b> <b>"AGE WELL - DRIVE SMART!"</b> <b>COLD PLATE</b> Cobb Salad Beef Barley Soup Carrot Raisin Salad Blue Cheese Dressing Dinner Roll w/Butter * Citrus Fruit		Spaghetti & Meatballs w/Parmesan Cheese Italian Green Beans Tossed Salad w/Creamy Italian Dressing * Fresh Orange		Fish Sandwich w/Cheese Potato Leek Soup Succotash * Spinach Salad w/Red Wine Vinaigrette Tartar Sauce Bun Fresh Fruit	
25		26		27		28		29	
Turkey Tamale Pie w/Cornbread Topping Pinto Beans Sliced Carrots * Tropical Fruit 		<b>COLD PLATE</b> Asian Chicken Salad (*Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles) Egg Drop Soup 4-Bean Salad Hawaiian Roll w/Butter * Citrus Fruit		<b>WALNUT CREEK LUNCH AND LEARN</b> Ye Old Pub Cheese Burger Minestrone Soup * Seasoned Potato Wedges Vegetable Bean Medley Lettuce, Tomato & Onion Catsup, Mustard, Mayo Relish, Bun Fresh Fruit		Sweet & Sour Pork over Steamed Rice * Broccoli Florets * Mixed Cabbage Salad w/Poppy Seed Dressing Fortune Cookie (Fruit Cocktail)		Chicken Fajita w/Peppers & Onions, Salsa and Flour Tortilla Pork Posole Soup Whole Kernel Corn Capri Vegetables * Mandarin Oranges 	
<p><b>DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAR. 1, 14, 15, 20, and 27!</b>  <b>4 DAILY ALTERNATIVE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!</b></p>									