

NOVEMBER 2016

C.C. CAFE

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Monday

Tuesday

Wednesday

Thursday

Friday

Call **510-799-8219**, to reserve your lunch, one day in advance, by 12:00pm.

COLD PLATE

Asian Chicken Salad
 (Mandarin Oranges, Spring Mix, Sesame Seed Dressing, & Crispy Noodles)
Bok Choy Soup
4-Bean Salad
Hawaiian Roll w/Butter
Banana

Tuna Noodle Casserole
Sliced Carrots
Stewed Tomatoes
Pineapple Chunks



Ye Old Pub Cheese Burger
Split Pea Soup
Potato Salad
Spring Bean Medley
Lettuce, Tomato & Onion
Catsup, Mustard
Mayonnaise & Relish
Bun
Seasonal Fresh Fruit

Cheesy Red Veggie Lasagna
w/Parmesan Cheese
Broccoli Spears
Tossed Salad
w/Ranch Dressing
Lime Gelatin
w/ Whipped Topping
(Diet Lime Gelatin)

7

8

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10

11

Chicken Marsala
Minestrone Soup
Mashed Potatoes
Carrots in Lite Sauce
Citrus Fruit

Lincoln's Log Cabin
Hearty Beef Stew
Steamed Spinach
Mixed Green Salad
w/1000 Island Dressing
Biscuit w/Butter
Fresh Pear

Sweet & Sour Pork
Cabbage Salad
w/Poppy Seed Dressing
& Crispy Noodles
Green Peas
Brown Rice
Taploca Pudding
(Fresh Orange)

Breaded Cod Fish
w/Lemon Slice
Clam Chowder
Capri Vegetables
Potato Wedges
Tartar Sauce
Strawberry Gelatin
w/Mixed Fruit
(Diet Strawberry Gelatin
w/Mixed Fruit)

VETERAN'S DAY
Senior Center Closed



14

15

16

17

18

Spaghetti & Meatballs
with Parmesan Cheese
Italian Vegetables
Mixed Green Salad
w/Creamy Italian Dressing
Fresh Tangerine

Mediterranean Chicken Taco
Sliced Beets
Red Potatoes
Creamy Cucumber Salad
Pita Bread
Tropical Fruit

Veal Bird w/Mushroom Gravy
Cream of Spinach Soup
Garlic Mashed Potatoes
Vegetable Bean Medley
Raspberry Gelatin w/Pears
(Diet Raspberry Gelatin
w/Pears)

COLD PLATE
Cobb Salad
Creamy Tomato Basil Soup
Blue Cheese Dressing
Carrot Raisin Salad
Dinner Roll w/Butter
Mandarin Oranges

Roast Beef w/Gravy
Broccoli Spears
Baked Potato w/Butter
Spinach Salad
w/Catalina Dressing
Brownie
(Applesauce)

21

22

23

24

25

Beer Batter Fish
& Chips
Green Beans
Coleslaw Salad
w/Poppy Seed Dressing
Tartar Sauce, Vinegar
Mixed Fruit

THANKSGIVING DAY
CELEBRATION!

Traditional Old Fashioned
Turkey Dinner w/Gravy
Mixed Vegetables
Mashed Potatoes
Stuffing
Cranberry Sauce
Sweet Potato Pie
(Peaches)

BBQ Chicken Breast
Corn Chowder
California Blend
Potato Salad
Whole Wheat Roll w/Butter
Tropical Fruit

Call **510-799-8219** to reserve your lunch, one day in advance, by 12:00pm.

THANKSGIVING DAY
HOLIDAY!

Senior Center Closed



HOLIDAY!

Senior Center Closed



28

NEW!

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COLD PLATE

Spinach & Mushroom Alfredo
Pasta w/Parmesan Cheese
Sliced Carrots
Tossed Salad
w/Balsamic Vinaigrette
Citrus Fruit

Pork Carnitas
Salsa
Pinto Beans
Green Salad
w/Ranch Dressing
Whole Wheat Tortilla
Fresh Orange

Mock Crab Salad
Potato Leek Soup
4-Bean Salad w/Carrots
Mandarin Oranges
Lettuce, Tomato & Onion
French Bread
Sherbet
(Banana)

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



Hercules Senior Center CC Café open from 11:30am-1:00pm

Call (510)799-8219 between 9am-12pm to make your lunch reservations for the following day.

Suggested donation: \$2 / Under 60 yrs. Old \$5

For free transportation - contact Westcat at (510)724-7433