

**Monday**

**2**

**Tuesday**

**3**

**Wednesday**

**4**

**Thursday**

**5**

**Friday**

**6**

CALL 510-799-8219  
TO RESERVE YOUR  
LUNCH, ONE DAY IN  
ADVANCE BY NOON.

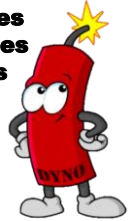
**Krabby Cake**  
**Clam Chowder**  
**Extra Cheesy Scalloped Potatoes**  
**Broccoli Florets**  
**Tartar Sauce**  
**Seasonal Fresh Fruit**

**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**



**Creamy Mushroom Chicken over Penne Noodles**  
**California Vegetables**  
**Italian Green Beans**  
**Ice Cream**



**9**

**NATIONAL GRANDPARENTS DAY**

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

**10**

**COLD PLATE**

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

**11**

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

**12**

**Chicken Tamale w/Enchilada Sauce & Cheese**  
**Mexicali Corn**  
**Broccoli Florets**  
**Coconut Cream Pie**



**13**

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

**16**

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



**17**

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



**18**

**COLD PLATE**

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

**19**

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

**20**

**Hearty Beef Stew**  
**Stewed Tomatoes**  
**Green Beans**  
**Biscuit w/Butter**  
**Vanilla Pudding**



**23**

**FALL BEGINS!**

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



**24**

**COLD PLATE**

**Roast Turkey Sandwich w/Lettuce & Tomato on a Thin WW Bun**  
**Mushroom Barley Soup**  
**Pickled Beets & Onions**  
**Potato Salad**

**25**

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



**26**

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

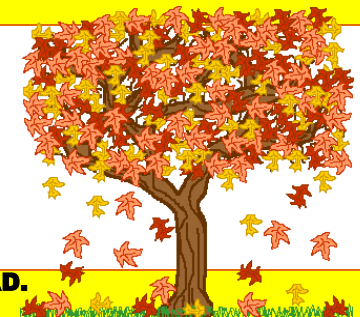
**27**

**COLD PLATE**

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

**30**

**Stuffed Bell Pepper**  
**Minestrone Soup**  
**Cheesy Scalloped Potatoes**  
**Marinated Broccoli Salad**  
**Red Velvet Cake**



**4 DAILY ENTRÉE CHOICES UPON REQUEST: CHEESEBURGER, GARDENBURGER, CHEF'S SALAD, OR SEAFOOD SALAD. PLEASE CALL 510-799-8219 TO RESERVE YOUR LUNCH, ONE DAY IN ADVANCE BY NOON.**