





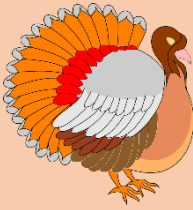


CAFÉ COSTA CONCORD WE ARE OPEN FOR LUNCH ON TUESDAY, WEDNESDAY, AND THURSDAY LUNCH IS SERVED AT 11:30 AM




PLEASE CALL 925-825-1488, TO RESERVE YOUR LUNCH, ONE DAY IN ADVANCE BY NOON.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11/1</b> + Vegetarian Bean & Cheese Burrito w/Enchilada Sauce Mexicali Corn Tossed Salad w/Dressing C Citrus Fruit	<b>11/2</b> Meatloaf w/Gravy C Mashed Potatoes <u>Bean Medley</u> Roll w/Butter Sliced Peaches	<b>11/3</b> Asian Chicken Salad ( <i>Sliced Chicken Breast, Spring Mix, Sesame Seed Dressing, Crispy Noodles</i> ) C Mandarin Oranges Egg Drop Soup Garden Pea Salad Dinner Roll w/Butter Sherbet <b>BINGO</b>	<b>11/4</b> Cheeseburger w/Lettuce, Onion, Tomato Split Pea Soup C Broccoli Hamburger Bun Catsup, Mustard, Mayo Mixed Fruit 	<b>11/5</b> Alaskan Salmon Patty w/Dill Sauce Green Beans w/Diced Red Peppers <u>Carrots</u> Wild Rice C Tropical Fruit
<b>11/8</b> Chef's Salad w/Turkey, Eggs, Cheese and Tomatoes C Minestrone Soup Ranch Dressing Whole Wheat Crackers x2 Seasonal Fresh Fruit Pudding 	<b>11/9</b> BBQ Pulled Chicken on a Bun Potato Salad C <u>California Vegetables</u> Pear Halves	<b>11/10</b> Beef and Vegetable Stew Dinner Roll w/Butter <u>Spinach Salad</u> w/Dressing C Citrus Fruit <b>BINGO</b>	<b>11/11</b> <b>CAFES CLOSED</b> <b>VETERANS DAY</b> *** HONORING ALL WHO SERVED <b>VETERANS DAY</b> UNITED STATES OF AMERICA 	<b>11/12</b> Cheesy Lasagna Roll Up w/Parmesan Cheese Lentil Soup <u>Italian Vegetables</u> C Broccoli Dinner Roll w/Butter Banana
<b>11/15</b> Breaded Pollock w/Tartar Sauce <u>Mixed Vegetables</u> Herbed Rice C Coleslaw Seasonal Fresh Fruit Ice Cream	<b>11/16</b> Greek Salad w/Beef Strip and Greek Vinaigrette Chicken Orzo Soup C Tomato Juice Dinner Roll w/Butter <u>Apricots</u>	<b>11/17</b> Teriyaki Chicken Bok Choy Soup <u>Bean Medley</u> Brown Rice C Tangerine 	<b>11/18</b> Spaghetti & Meatballs w/Parmesan Cheese <u>Carrots</u> Italian Green Beans C Tropical Fruit	<b>11/19</b> Pork Posole Soup w/Tortilla Chips <u>Spinach Salad</u> w/Ranch Dressing Fiesta Corn Salad Strawberry Gelatin C w/Strawberries
<b>11/22</b> BBQ Chicken Breast Corn Chowder Green Beans <u>Carrots</u> Dinner Roll w/Butter C Mandarin Oranges	<b>11/23</b> Beer Battered Fish Clam Chowder Potato Wedges C <u>California Vegetables</u> Tartar Sauce, Vinegar Mixed Fruit	<b>11/24</b> Turkey Dinner w/Gravy C Mashed Potatoes <u>Mixed Vegetables</u> Stuffing Cranberry Sauce Pumpkin Pie w/Whipped Topping <b>BINGO</b>	<b>11/25</b> <b>CAFES CLOSED</b> <b>THANKSGIVING DAY</b> 	<b>11/26</b> <b>CAFES CLOSED</b> <b>HOLIDAY</b>
<b>11/29</b> Pork Carnitas Salsa Pinto Beans Green Salad w/Ranch Dressing Tortilla C Tangerine	<b>11/30</b> Oven Fried Chicken Cabbage Roll Soup C <u>Whipped Yams</u> Green Beans Banana Ice Cream 			

**NOTES**

All meals served with lowfat milk.

 Vitamin A rich food  
C Vitamin C rich food

+ Higher in sodium  
^ Dessert of Choice