

CoCo Café @ El Cerrito Midtown Activity Center (Senior Center)

Call **1-510-559-7677** the **PREVIOUS DAY** before noon for lunch reservations. **LUNCH SERVED AT NOON.**

JANUARY 2020

<p> = Item is higher in sodium * = Vitamin C _ = Vitamin A () = Dessert of Choice All meals served w/low fat milk.</p>			<p style="text-align: center;">1 HOLIDAY</p> 	<p style="text-align: center;">2</p> <p>Krabby Cake Chicken Noodle Soup Vegetable Bean Medley * Cheesy Scalloped Potatoes Tartar Sauce Fresh Fruit</p>	<p style="text-align: center;">3</p> <p>Asian Chicken Salad * (Mandarin Oranges, Spring Mix, Sesame Seed Dressing, and Crispy Noodles) Egg Drop Soup Carrot Raisin Salad Dinner Roll w/Butter Strawberry Cheesecake (Pears)</p>
<p style="text-align: center;">6</p> <p>Meatballs w/Mushroom Gravy * Broccoli Florets Buttered Noodles Mixed Green Salad w/1000 Island Dressing Fresh Fruit</p>	<p style="text-align: center;">7 COLD PLATE</p> <p>Cobb Salad w/Blue Cheese Dressing Mushroom Barley Soup * Potato Salad Dinner Roll w/Butter Spiced Apples</p>	<p style="text-align: center;">8</p> <p>Beer Battered Fish and Chips * Clam Chowder * Confetti Coleslaw Tartar Sauce, Vinegar Chocolate Pudding (Fresh Fruit)</p>	<p style="text-align: center;">9</p> <p>Turkey a la King over Rice Mixed Vegetables * Stewed Tomatoes Cookie (Peaches)</p>	<p style="text-align: center;">10</p> <p>Beef Fajita w/Peppers & Onions Pork Posole Soup Capri Vegetables Tossed Salad w/Ranch Dressing Salsa, Flour Tortilla * Tropical Fruit</p>	
<p style="text-align: center;">13 COLD PLATE</p> <p>Tuna Salad Sandwich w/Lettuce and Tomato on a Thin WW Bun Tomato Basil Soup Carrot Raisin Salad 4-Bean Salad * Fresh Orange</p>	<p style="text-align: center;">14</p> <p> Vegetarian Bean Burrito w/Red Sauce & Cheese Mexicali Corn * California Vegetables Lemon Gelatin w/Whipped Topping (Diet Lemon Gelatin)</p>	<p style="text-align: center;">15</p> <p>Cheese Omelet w/Salsa Pork Sausage * Roasted Red Potatoes * Steamed Spinach Mixed Fruit Muffin (Applesauce)</p>	<p style="text-align: center;">16</p> <p>Cheeseburger Chicken & Rice Soup * Seasoned Potato Wedges Italian Vegetables Lettuce, Tomato & Onion Catsup, Mustard & Mayo Relish, Bun Vanilla Pudding * (Citrus Fruit)</p>	<p style="text-align: center;">17</p> <p>Traditional Turkey Dinner w/Gravy * Broccoli & Carrots * Mashed Potatoes Stuffing Cranberry Sauce Fresh Fruit</p>	
<p style="text-align: center;">20 CLOSED HOLIDAY</p> 	<p style="text-align: center;">21</p> <p>Turkey Chili Mac w/Shredded Cheese Mixed Vegetables * Spinach Salad w/Honey Mustard Dressing Butterscotch Pudding (Fresh Fruit)</p>	<p style="text-align: center;">22</p> <p>Kung Pao Chicken NEW! over Steamed Rice * California Vegetables * Cabbage Salad w/Poppy Seed Dressing and Crunchy Noodles Fortune Cookie (Pineapple Chunks)</p>	<p style="text-align: center;">23 COLD PLATE</p> <p> Ham Sandwich w/Lettuce & Tomato on Rye Bread Split Pea Soup Pickled Beets & Onions * Potato Salad Fresh Fruit</p>	<p style="text-align: center;">24</p> <p>Potato Crusted Fish over Rice Pilaf Minestrone Soup Vegetable Bean Medley * Creamy Coleslaw Tartar Sauce Carrot Cake (Mixed Fruit)</p>	
<p style="text-align: center;">27</p> <p>Turkey Tamale Pie w/Cornbread Topping Pinto Beans * Broccoli & Carrots Sherbet * (Mandarin Oranges)</p> 	<p style="text-align: center;">28</p> <p>Seafood Newburg Casserole (with Shrimp & Mock Crab) over Wild Rice * Stewed Tomatoes Tender Green Beans Chilled Peaches</p>	<p style="text-align: center;">29 COLD PLATE</p> <p>Roast Beef & Swiss Sandwich on French Bread Hearty Vegetable Soup * Marinated Veggie Salad Garden Pea Salad Lettuce, Tomato Mustard, Mayonnaise Fresh Fruit</p>	<p style="text-align: center;">30</p> <p>BBQ Chicken Thigh Capri Vegetables Baked Beans * Pineapple Coleslaw Dinner Roll w/Butter Lime Gelatin w/Fruit Cocktail (Diet Lime Gelatin w/Fruit Cocktail)</p>	<p style="text-align: center;">31</p> <p>Cheesy Lasagna Roll-Up w/Shredded Cheese Beef Barley Soup Italian Green Beans * Spinach Salad w/Creamy Italian Dressing Tapioca Pudding (Banana)</p>	

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS.

4 DAILY ALTERNATIVE ENTREE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!