

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.**

FEBRUARY 2020

= Item is higher in sodium

* = Vitamin C

— = Vitamin A

() = Dessert of Choice

All meals served w/low fat milk.



3	4	5	6	7
BBQ Pulled Pork on a Bun Chicken & Rice Soup Mixed Vegetables * Creamy Coleslaw * Citrus Fruit	COLD PLATE Curried Chicken Salad on Mixed Greens Lentil Soup * Potato Salad Carrot Raisin Salad Hawaiian Roll w/Butter Sherbet (Fresh Fruit)	Turkey Lasagna w/Parmesan Cheese * Steamed Spinach Mixed Green Salad w/Creamy Italian Dressing Fruit Cocktail	Breaded Pollock Fillet w/Lemon Slice Cream of Tomato Soup Vegetable Bean Medley * Seasoned Potato Wedges Tartar Sauce Chocolate Pudding (Banana)	Tahitian Chicken over Sesame Noodles * California Blend Tossed Salad w/Asian Dressing Sliced Peaches
10	11	12	13	14
Cheese & Green Chili Tamale w/Enchilada Sauce * Orange Pineapple Juice * Winter Blend Vegetables Pinto Beans Vanilla Pudding (Diced Pears)	Salisbury Steak w/Onion Gravy Capri Vegetables * Garlic Mashed Potatoes Tossed Salad w/Blue Cheese Dressing Fresh Fruit	COLD PLATE Mock Crab Salad Sandwich w/Lettuce & Onion Mushroom Barley Soup Garden Pea Salad 4 Bean Salad WW Bread x 2 * Mandarin Oranges	RODEO CELEBRATES VALENTINE'S DAY Creamy Mushroom Chicken over Penne Noodles Italian Vegetables * Stewed Tomatoes Brownie (Fresh Apple)	VALENTINE'S DAY All American Hot Dog w/Cheese & Onions Mixed Vegetables * Potato Salad Mustard, Catsup, Relish, Bun Red Gelatin w/Strawberries (Diet Red Gelatin w/Strawberries)
17	18	19	20	21
PRESIDENT'S DAY HOLIDAY	COLD PLATE Tuna Salad on Mixed Greens Tomato Basil Soup Pickled Beets & Onions * Pineapple Coleslaw Roll w/Butter Fresh Fruit	Southwest Chicken Pasta * California Blend Tossed Salad w/1000 Island Dressing Tapioca Pudding (Mixed Fruit)	Cheese Omelet w/Salsa Pork Sausage * Roasted Red Potatoes * Steamed Spinach * Orange Juice Muffin (Fresh Fruit)	Turkey Enchilada Bake * Broccoli Florets Mexicali Corn Mixed Green Salad w/Honey Mustard Dressing Ice Cream (Applesauce)
24	25	26	27	28
NEW ITEM! Pork Chile Verde Black Beans Sour Cream * Creamy Coleslaw Flour Tortilla Fresh Fruit	SAN PABLO CELEBRATES BLACK HISTORY MONTH BBQ Chicken Corn on the Cob * Potato Salad Mixed Green Salad w/Ranch Dressing Peach Cobbler (Sliced Peaches)	Stuffed Bell Pepper Split Pea Soup Mixed Vegetables * Garlic Mashed Potatoes Orange Gelatin w/Mandarins (Diet Orange Gelatin w/Mandarins)	Teriyaki Chicken Thigh over Brown Rice Sliced Carrots Green Beans * Tropical Fruit	Salmon Patty w/Dill Sauce Clam Chowder Capri Vegetables Green Peas w/Pearl Onions Wild Rice * Citrus Fruit

DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON FEB. 13, 14, 18 AND 25.

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