






# 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.**

## MARCH 2020

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<b>CELEBRATE NATIONAL NUTRITION MONTH</b> Garlic & Herb Chicken <b>Hearty Vegetable Soup</b> * California Blend * Scalloped Potatoes Butterscotch Pudding (Pears)	Turkey Divan over Brown Rice <u>Sliced Carrots</u> Tossed Salad w/1000 Island Dressing * Mandarin Oranges	Pork Carnitas w/Salsa on a Flour Tortilla <b>Chicken Noodle Soup</b> Pinto Beans * Creamy Coleslaw Lime Sherbet (Fresh Fruit)	Broccoli Beef over Steamed Rice <u>Vegetable Bean Medley</u> Mixed Green Salad w/Honey Mustard Dressing * Tangerine	Creamy Vegetarian Lasagna w/Parmesan Cheese Grape Juice * Winter Veggie Blend * Spinach Salad w/Balsamic Vinaigrette Fresh Fruit
9 Spaghetti & Meatballs w/Parmesan Cheese <u>Italian Vegetables</u> Tossed Salad w/Creamy Italian Dressing * Tropical Fruit	10 Cheese Omelet W/salsa Pork Sausage * Roasted Red Potatoes * <u>Steamed Spinach</u> * Orange Pineapple Juice Muffin (Fresh Fruit)	11 Turkey a la King over Rice Stewed Tomatoes * <u>Mixed Vegetables</u> Raspberry Gelatin w/Pears (Diet Raspberry Gelatin w/Pears)	12 <b>COLD PLATE</b> Seafood Louie (Mock Crab) Salad on a Bed of Lettuce <b>Chicken &amp; Rice Soup</b> * <u>Marinated Broccoli Salad</u> Garden Pea Salad Banana	13 Apricot Chicken <b>Savory Bean Soup</b> w/Crackers Tender Green Beans * Whipped Sweet Potatoes Ice Cream (Pineapple Chunks)
16 <b>COLD PLATE</b> Roasted Turkey Sandwich <b>Mushroom Barley Soup</b> 4 Bean Salad <u>Carrot Raisin Salad</u> French Bread * Mandarin Oranges	17 <b>ST. PATRICK'S DAY PARTY</b> Irish Beef Stew * <u>Broccoli Florets</u> Tossed Salad w/Ranch Dressing Biscuit w/Butter Pistachio Fluff (Fresh Fruit) 	18 Cheesy Lasagna Roll-Up w/Shredded Cheese <b>Lentil Soup</b> Succotash * <u>Spinach Salad</u> w/Champagne Vinaigrette Chilled Peaches	19 Turkey Tamale Pie w/Cornbread Topping Pinto Beans <u>Sliced Carrots</u> * Citrus Fruit	20 Beer Battered Fish & Chips * <b>Cream of Tomato Soup</b> <u>Mixed Vegetables</u> * Creamy Coleslaw Tartar Sauce, Vinegar Banana Cake (Banana)
23 Potato Crusted Fish over Herbed Rice <b>Chicken &amp; Orzo Soup</b> * Winter Veggie Blend Pickled Beets & Onions Tartar Sauce Fruit Cocktail	24 Turkey Chili Mac w/Shredded Cheese <u>Italian Vegetables</u> * Stewed Tomatoes Vanilla Pudding (Applesauce)	25 <b>COLD PLATE</b> Cobb Salad <b>Cream of Potato Soup</b> <u>Carrot Raisin Salad</u> Blue Cheese Dressing Dinner Roll w/Butter * Tropical Fruit	26 Sweet & Sour Pork over Steamed Rice * <u>Broccoli Florets</u> * Mixed Cabbage Salad w/Poppy Seed Dressing Cherry Gelatin w/Mixed Fruit (Diet Cherry Gelatin)	27 Roast Beef w/Gravy <b>Minestrone Soup</b> <u>Scandinavian Veggies</u> * Baked Potato w/Butter Tossed Salad w/French Dressing Fresh Fruit
30 Meatloaf w/Gravy * Mashed Potatoes <u>Peas and Carrots</u> Tossed Salad w/Ranch Dressing Fresh Fruit	31 <b>COLD PLATE</b> Asian Chicken Salad (*Mandarin Oranges, Spring Mix, Sesame Seed <b>Egg Drop Soup</b> * <u>Marinated Broccoli Salad</u> Hawaiian Roll w/Butter Chocolate Pudding (Pineapple Chunks)			☹️ = Item is higher in sodium * = Vitamin C _ = Vitamin A ( ) = Dessert of Choice All meals served w/low fat milk.

**DELICIOUS DECISIONS! DON'T FORGET TO STOP BY FOR OUR SPECIAL EVENT MEALS ON MAR. 2 AND 17!  
4 DAILY ALTERNATIVE CHOICES: CHEESEBURGER OR GARDEN BURGER, CHEF'S SALAD OR SEAFOOD LOUIE SALAD!**