

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

July

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				7/1 + All Beef Hot Dog w/Cheese & Onions Fruit Punch C Coleslaw Baked Beans Catsup & Mustard Hot Dog Bun Apple Pie 
7/4	7/5	7/6	7/7	7/8
 CAFÉ CLOSED	Pork Posole Soup w/Tortilla Chips C Fiesta Vegetables Green Salad w/Ranch Dressing <u>Apricots</u>	Teriyaki Chicken Egg Drop Soup <u>Bean Medley</u> C Coleslaw Brown Rice Strawberry Gelatin C w/Strawberries 	Meatloaf w/Gravy C Mashed Potatoes <u>Scandinavian Vegetables</u> Tossed Salad w/Dressing C <u>Cantaloupe</u>	Potato Crusted Fish w/Tartar Sauce Grape Juice C California Vegetables Green Beans Rice Pilaf Pudding
7/11	7/12	7/13	7/14	7/15
Turkey & Cheese Wrap w/Lettuce & Onion Mushroom Barley Soup <u>Baby Carrots</u> Marinated Zucchini Salad Mustard, Mayonnaise C Citrus Fruit	Beer Battered Fish Clam Chowder Potato Wedges C California Vegetables Tartar Sauce, Vinegar C Orange Juice Pudding	Greek Salad w/Beef Strips and Greek Vinaigrette Chicken Orzo Soup C Cherry Tomatoes Dinner Roll w/Butter Caramel Chocolate Pie	Oven Fried Chicken Drumstick C <u>Whipped Yams</u> Green Beans C Creamy Coleslaw C <u>Watermelon</u> 	Spaghetti & Meatballs w/Parmesan Cheese C Broccoli Tossed Salad w/ <u>Spinach</u> and Dressing Dinner Roll w/Butter Seasonal Fresh Fruit
7/18	7/19	7/20	7/21	7/22
Roasted Herb Chicken over Wild Rice <u>Steamed Spinach</u> Tossed Salad w/Dressing C Mandarin Oranges	BBQ Pulled Pork on a Bun  Corn Chowder <u>Carrot Raisin Salad</u> C Fiesta Vegetables Cinnamon Applesauce	Breaded Pollock w/Lemon & Tartar Sauce Cheesy Potato Soup <u>Mixed Vegetables</u> Wild Rice C Coleslaw C <u>Cantaloupe</u>	Salisbury Steak w/Onion Gravy C Mashed Potatoes <u>Italian Vegetables</u> Tossed Salad w/Dressing Apple Juice Pudding	Turkey Dinner w/Gravy <u>Butternut Squash</u> C Cauliflower Stuffing Cranberry Sauce Cherry Gelatin w/Pears
7/25	7/26	7/27	7/28	7/29
Pork Carnitas w/Salsa Pinto Beans <u>Spinach Salad</u> w/Dressing Tortilla C Tropical Fruit	Cheeseburger Lettuce, Tomato, Onion Hearty Vegetable Soup Potato Salad Marinated Beets & Onions Hamburger Bun Catsup, Mustard, Mayo C Mandarin Oranges	Taco Salad w/Ground Turkey, Shredded Cheddar, Salsa, Ranch Dressing Tortilla Chips C Grape Tomatoes  Black Beans Sliced Peaches	Fish Sandwich w/Cheese and Tartar Sauce on a Bun Potato Leek Soup C Coleslaw w/ <u>Carrots</u> Marinated Zucchini Salad Ice Cream	Chicken Marsala C Mashed Potatoes <u>Italian Vegetables</u> C Fiesta Vegetables Sherbet C <u>Watermelon</u>

NOTES

All meals served with lowfat milk.









— Vitamin A
 C Vitamin C

+ Higher in sodium
 ^ Dessert of Choice

VEGETARIAN MENU

July

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925-825-1488,
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				7/1 Vegetarian Lasagna Brussels Sprouts Italian Vegetables C FRUIT/DESSERT
7/4	7/5	7/6	7/7	7/8
happy 4 th of July CAFÉ CLOSED	+ Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT	Cheesy Potato Soup Fiesta Vegetables C Green Peas FRUIT/DESSERT 	Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT
7/11	7/12	7/13	7/14	7/15
Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT 	Vegetarian Lentil Stew over Brown Rice Spinach C Winter Vegetables FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower Bean Medley FRUIT/DESSERT	Cheesy Potato Soup C Fiesta Vegetables Green Peas FRUIT/DESSERT
7/18	7/19	7/20	7/21	7/22
Vegetarian 3-Bean Chili Potato Nuggets C Broccoli FRUIT/DESSERT	Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT	Vegetarian Lasagna C Brussels Sprouts Italian Vegetables FRUIT/DESSERT	+ Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower Bean Medley FRUIT/DESSERT 
7/25	7/26	7/27	7/28	7/29
Vegetarian Lasagna C Brussels Sprouts Italian Vegetables FRUIT/DESSERT	Cheesy Potato Soup Fiesta Vegetables C Green Peas FRUIT/DESSERT	Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT 	Vegetarian Lentil Stew over Brown Rice Spinach C Winter Vegetables FRUIT/DESSERT	Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT

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