

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

# August

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/1</b> Potato Crusted Fish Clam Chowder C California Vegetables Rice Pilaf Tartar Sauce Mixed Fruit Pudding	<b>8/2</b> Waldorf Chicken Salad on Mixed Greens Mushroom Barley Soup Potato Salad Marinated Zucchini Salad Whole Wheat Crackersx2 C <u>Cantaloupe</u>	<b>8/3</b> Swedish Meatballs over Herb Noodles Stewed Tomatoes <u>Bean Medley</u> C Citrus Fruit 	<b>8/4</b> Pork Posole Soup w/Tortilla Chips C Fiesta Vegetables <u>Spinach Salad</u> w/Dressing Banana Ice Cream	<b>8/5</b> Chef's Salad w/Turkey, Eggs, Cheese, C Grape Tomatoes Minestrone Soup Ranch Dressing Roll w/Butter Seasonal Fresh Fruit
<b>8/8</b> Meatloaf w/Gravy Mashed Potatoes <u>Scandinavian Vegetables</u> Tossed Salad w/Dressing Roll w/Butter C Tropical Fruit	<b>8/9</b> Fish Taco w/Tartar Sauce Cream of Tomato Soup C Coleslaw w/ <u>Carrots</u> 3 Bean Salad Flour Tortilla Seasonal Fresh Fruit	<b>8/10</b> Asian Chicken Salad ( <i>Sliced Chicken Breast,            Spring Mix, Sesame Seed            Dressing, Crispy Noodles</i> ) C Mandarin Oranges Egg Drop Soup Marinated Zucchini Salad Dinner Roll w/Butter Pudding	<b>8/11</b> Turkey Divan over Rice Pilaf Whole Kernel Corn Green Salad w/Dressing C <u>Watermelon</u>	<b>8/12</b> Pork Lo Mein C Broccoli <u>Bean Medley</u> Fruit Punch C Orange Gelatin w/Mandarin Oranges
<b>8/15</b> Taco Salad w/Ground Turkey, Shredded Cheddar, Salsa, Ranch Dressing, C Grape Tomatoes, and Tortilla Chips Lentil Soup Pinto Beans C Orange Juice Pudding 	<b>8/16</b> Spaghetti & Meatballs w/Parmesan Cheese C California Vegetables Tossed Salad w/Dressing Pear Halves	<b>8/17</b> + Baked Ham with Pineapple Raisin Sauce C <u>Yams</u> Green Beans Dinner Roll w/Butter Seasonal Fresh Fruit	<b>8/18</b> Chicken Piccata C Mashed Potatoes <u>Italian Vegetables</u> Tossed Salad w/Dressing Roll w/Butter C <u>Cantaloupe</u>	<b>8/19</b> Mock Crab Salad on Mixed Greens Chicken Rice Soup C Grape Tomatoes <u>Carrot Raisin Salad</u> Roll w/Butter C Tropical Fruit
<b>8/22</b> Chicken Marsala Rice Pilaf <u>Italian Vegetables</u> C Broccoli Apple	<b>8/23</b> Kalua Pork Apple Juice C Seasoned Cabbage Macaroni Salad Marinated Zucchini Salad Pineapple Cake	<b>8/24</b> Tuna Salad Sandwich w/Lettuce, Tomato, and Onion on Whole Wheat Bread Corn Chowder 4 Bean Salad C <u>Watermelon</u>	<b>8/25</b> Cheese Omelet w/Shredded Cheddar and Salsa Turkey Sausage Red Potatoes <u>Steamed Spinach</u> Blueberry Muffin C Citrus Fruit	<b>8/26</b> Cheeseburger w/Lettuce, Tomato, and Onion Split Pea Soup C <u>California Vegetables</u> Hamburger Bun Catsup, Mustard, Mayo Seasonal Fresh Fruit 
<b>8/29</b> Turkey & Cheese Wrap w/Lettuce and Onion Hearty Vegetable Soup <u>Carrot Raisin Salad</u> 4 Bean Salad Mustard, Mayonnaise C Tropical Fruit 	<b>8/30</b> Fish Sandwich w/Cheese and Tartar Sauce on a Bun Potato Leek Soup C Coleslaw w/ <u>Carrots</u> Marinated Beets & Onions Seasonal Fresh Fruit	<b>8/31</b> Roasted Herb Chicken over Wild Rice Asparagus Tossed Salad w/Dressing C <u>Cantaloupe</u>		

**NOTES**

All meals served with lowfat milk.

— Vitamin A  
 C Vitamin C

+ Higher in sodium  
 ^ Dessert of Choice



VEGETARIAN MENU

# August

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>8/1</b> + Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT 	<b>8/2</b> Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower <u>Bean Medley</u> FRUIT/DESSERT	<b>8/3</b> Vegetarian 3-Bean Chili Potato Nuggets C Broccoli FRUIT/DESSERT	<b>8/4</b> Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT	<b>8/5</b> Vegetarian Lasagna Brussels Sprouts <u>Italian Vegetables</u> C FRUIT/DESSERT
<b>8/8</b> Vegetarian Lentil Stew over Brown Rice <u>Spinach</u> C Winter Vegetables FRUIT/DESSERT	<b>8/9</b> + Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	<b>8/10</b> Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT	<b>8/11</b> Cheesy Potato Soup Fiesta Vegetables C Green Peas FRUIT/DESSERT 	<b>8/12</b> Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT
<b>8/15</b> Cheese & Green Chili Tamale C Fiesta Vegetables Stewed Tomatoes FRUIT/DESSERT 	<b>8/16</b> Vegetarian Lentil Stew over Brown Rice <u>Spinach</u> C Winter Vegetables FRUIT/DESSERT	<b>8/17</b> + Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	<b>8/18</b> Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower <u>Bean Medley</u> FRUIT/DESSERT	<b>8/19</b> Cheesy Potato Soup C Fiesta Vegetables Green Peas FRUIT/DESSERT
<b>8/22</b> Vegetarian 3-Bean Chili Potato Nuggets C Broccoli FRUIT/DESSERT	<b>8/23</b> Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT	<b>8/24</b> Vegetarian Lasagna C Brussels Sprouts <u>Italian Vegetables</u> FRUIT/DESSERT	<b>8/25</b> + Bean & Cheese Burrito w/Enchilada Sauce C Broccoli Mexicali Corn FRUIT/DESSERT	<b>8/26</b> Cheese Ravioli w/Shredded Mozzarella and Marinara Sauce C Cauliflower <u>Bean Medley</u> FRUIT/DESSERT 
<b>8/29</b> Vegetarian Lasagna C Brussels Sprouts <u>Italian Vegetables</u> FRUIT/DESSERT	<b>8/30</b> Cheesy Potato Soup Fiesta Vegetables C Green Peas FRUIT/DESSERT	<b>8/31</b> Cheese Omelet w/Shredded Cheddar C Fiesta Vegetables Red Potatoes FRUIT/DESSERT 		

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