

MONDAY SENIOR LUNCH PROGRAM

PRESENTED BY CONTRA COSTA COUNTY
AND THE TOWN OF DANVILLE

OCTOBER 2022 MENU

OCTOBER 3

Roasted Pork
with Apple Chutney
Cream of Broccoli
Soup
Capri Vegetables
Whole Wheat Roll
with Butter
Citrus Fruit

VEGETARIAN OPTION

Vegetarian Lasagna
Brussels Sprouts
Italian Vegetables
Fruit/Dessert

OCTOBER 10

*County Holiday -
No Café Costa*

OCTOBER 17

Ginger Pepper Steak
over Brown Rice
Asian Vegetables
Carrots
Tropical Fruit
Sherbet

VEGETARIAN OPTION

Vegetarian Lentil
Stew over Brown Rice
Spinach
Winter Vegetables
Fruit/Dessert

OCTOBER 24

Tahitian Chicken
Mixed Vegetables
Confetti Brown Rice
Ambrosia Salad
Pineapple Cake

VEGETARIAN OPTION

Cheese & Green
Chili Tamale
Fiesta Vegetables
Stewed Tomatoes
Fruit/Dessert

OCTOBER 31

All Beef Hot Dog
with Cheese & Onions
Catsup & Mustard
Whole Wheat Bun
Baked Beans
Carrot Slaw
Mandarin Oranges
with Coconut Cake

VEGETARIAN OPTION

Vegetarian
3-Bean Chili
Potato Nuggets
Broccoli
Fruit/Dessert

