NOVEMBER 2026

Café COSTA — Taste the Good Life

MAKE YOUR LUNCH RESERVATIONS AT LEAST ONE BUSINESS DAY IN ADVANCE!

510-255-7799

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2 + Swedish Meatballs w/Penne Pasta Split Pea Soup Mixed Vegetables C Marinated Broccoli Salad Seasonal Fresh Fruit	**11/3** Roasted Turkey w/Gravy C Garlic Whipped Potatoes Spinach Whole Wheat Roll w/Butter Fruit Cocktail	**11/4** Tuna Au Gratin Casserole Tuscan White Bean Soup Stewed Tomatoes C Cauliflower Seasonal Fresh Fruit	**11/5** Harvest Pork Stew over Brown Rice Zucchini Tossed Salad w/Ranch Dressing C Mandarin Oranges	**11/6** **DIWALI** Chicken Tikka Masala Bean Medley C Cabbage Brown Rice Fresh Apple Heavenly Coconut Pudding
11/9 Potato Crusted Fish w/Lemon-Caper Sauce Key Largo Vegetables Brown Rice C Juice Chocolate Chip Cookie	**11/10** + Chicken Cordon Bleu Cream of Broccoli Soup Au Gratin Potatoes Carrots Whole Wheat Roll w/Butter C Tropical Fruit	**11/11** VETERANS DAY	**11/12** Japanese Beef Curry Egg Drop Soup C Stir Fry Vegetables Brown Rice Fresh Pear	**11/13** *New!* Turkey Chili Mac C Collard Greens Whole Kernel Corn Whole Wheat Roll w/Butter Seasonal Fresh Fruit
11/16 Soy Ginger Chicken Peas & Carrots Brown Rice C Asian Slaw Seasonal Fresh Fruit	**11/17** Beef Chili w/Beans Whole Kernel Corn Italian Vegetables Whole Wheat Roll w/Butter C Mandarin Oranges	**11/18** *New!* Cuban Pork Sandwich on a Whole Grain Bun Black Bean Soup Tossed Salad w/Dressing C Citrus Fruit	**11/19** Turkey a la King over Brown Rice C Broccoli Marinated Beets & Onions Banana NO Lunch	**11/20** Baked Tilapia with Tarragon Cream Sauce & Penne Pasta Mushroom Barley Soup Stewed Tomatoes Pacific Vegetables C Juice Cookie NO Lunch
11/23 Pork al Pastor w/Salsa and a Flour Tortilla Mexican Street Corn Salad C Fiesta Vegetables Fresh Pear	**11/24** Breaded Pollock w/Tartar Sauce Minestrone Soup C Brussels Sprouts Tossed Salad w/Caesar Dressing Herbed Brown Rice Fresh Apple	**11/25** **THANKSGIVING LUNCH** Roasted Turkey w/Gravy C Garlic Mashed Potatoes Green Beans Cranberry Sauce Whole Wheat Roll w/Butter Mixed Fruit Pumpkin Cake	**11/26** THANKSGIVING DAY	**11/27** DAY AFTER THANKSGIVING
11/30 Turkey Tamale Pie w/Cornbread Topping Pozole Soup C California Vegetables Black Bean & Corn Salad Peaches				

All meals served with lowfat milk.

2 DAILY ALTERNATIVE ENTRÉE CHOICES: VEGETARIAN OR FEATURED ENTRÉE SALAD (BBQ CHICKEN W/BLACK BEANS, CORN, RED ONIONS, AND RANCH DRESSING).

__ Vitamin A

C Vitamin C

\+ Higher in sodium

Meals prepared in this kitchen may contain or come into contact with tree nuts, sesame, peanuts, soy, eggs, milk, fish, crustacean shellfish, wheat, and gluten-containing products. Despite precautions, cross-contact may occur. We cannot guarantee meals are allergen-free.