NOVEMBER 2026

Café COSTA — Taste the Good Life

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/2	**11/3**	**11/4**	**11/5**	**11/6**
+ Swedish Meatballs w/Penne Pasta Split Pea Soup Mixed Vegetables C Marinated Broccoli Salad Seasonal Fresh Fruit	Roasted Turkey w/Gravy C Garlic Whipped Potatoes Spinach Whole Wheat Roll w/Butter Fruit Cocktail	Tuna Au Gratin Casserole Tuscan White Bean Soup Stewed Tomatoes C Cauliflower Seasonal Fresh Fruit	Harvest Pork Stew over Brown Rice Zucchini Tossed Salad w/Ranch Dressing C Mandarin Oranges	**DIWALI** Chicken Tikka Masala Bean Medley C Cabbage Brown Rice Fresh Apple Heavenly Coconut Pudding
11/9	**11/10**	**11/11**	**11/12**	**11/13**
Potato Crusted Fish w/Lemon-Caper Sauce Key Largo Vegetables Brown Rice C Juice Chocolate Chip Cookie	+ Chicken Cordon Bleu Cream of Broccoli Soup Au Gratin Potatoes Carrots Whole Wheat Roll w/Butter C Tropical Fruit	**VETERANS DAY**	Japanese Beef Curry Egg Drop Soup C Stir Fry Vegetables Brown Rice Fresh Pear	*New!* Turkey Chili Mac C Collard Greens Whole Kernel Corn Whole Wheat Roll w/Butter Seasonal Fresh Fruit
11/16	**11/17**	**11/18**	**11/19**	**11/20**
Soy Ginger Chicken Peas & Carrots Brown Rice C Asian Slaw Seasonal Fresh Fruit	Beef Chili w/Beans Whole Kernel Corn Italian Vegetables Whole Wheat Roll w/Butter C Mandarin Oranges	*New!* Cuban Pork Sandwich on a Whole Grain Bun Black Bean Soup Tossed Salad w/Dressing C Citrus Fruit	Turkey a la King over Brown Rice C Broccoli Marinated Beets & Onions Banana	Baked Tilapia with Tarragon Cream Sauce & Penne Pasta Mushroom Barley Soup Stewed Tomatoes Pacific Vegetables C Juice Cookie
11/23	**11/24**	**11/25**	**11/26**	**11/27**
Pork al Pastor w/Salsa and a Flour Tortilla Mexican Street Corn Salad C Fiesta Vegetables Fresh Pear	Breaded Pollock w/Tartar Sauce Minestrone Soup C Brussels Sprouts Tossed Salad w/Caesar Dressing Herbed Brown Rice Fresh Apple	**THANKSGIVING LUNCH** Roasted Turkey w/Gravy C Garlic Mashed Potatoes Green Beans Cranberry Sauce Whole Wheat Roll w/Butter Mixed Fruit Pumpkin Cake	**THANKSGIVING DAY**	**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.