

\* New Menu Item



# MENU October 2023



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>October 2</b>                      Little Gem Salad                      Tagliatelle Primavera                      Cookies, Lemon Curd                      and Fresh Fruit</p>	<p><b>October 3</b>  <b>Steinbeck Dinner</b>                      Scallop, Snapper                      Cioppino Broth                      Iceberg Crudite with                      Blue Cheese &amp; Avocado                      Ranch Dressing                      Grilled New York Steak                      with Salinas Valley                      Mushrooms &amp;                      Vegetables                      Basil Whipped Potatoes                      Churros with Cinnamon                      Ice Cream and Cajeta</p>	<p><b>October 4</b>  <i>Men's Day</i>                      Curried Apple &amp;                      Carrot Soup                      Ribeye Steak Salad                      Angel Food Cake with                      Berries</p>	<p><b>October 5</b>                      Mixed Green Salad                      Cuban Style Chicken                      and Rice                      Almond Cake</p>	<p><b>October 6</b>                      Mushroom &amp;                      Arugula Salad Green                      *Braised Brisket of                      Beef                      Potato Pancakes                      Vegetables                      Chocolate Cake</p>
<p><b>October 9</b>                      Onion Soup au Gratin                      Chicken Waldorf                      Salad                      Amaretto Cake</p>	<p><b>October 10</b>  <b>DINNER</b>                      Bistro Salad                      Roast Rack of Lamb                      Roasted Red Potatoes                      Vegetables                      Chocolate Lava Cake</p>	<p><b>October 11</b>                      Italian Salad                      Lasagna                      Vanilla Panna Cotta                      with Berries</p>	<p><b>October 12</b>                      Asparagus Soup                      Chicken Ballotine                      Chive Whipped                      Potatoes                      Vegetables                      Crepe Suzette</p>	<p><b>October 13</b>                      Caesar Salad                      Sauteed Sand Dabs                      Almondine                      Rice Pilaf                      Carrot Cake</p>
<p><b>October 16</b>                      Mushroom Soup                      Steak Salad                      Apple &amp; Berry                      Cobbler</p>	<p><b>October 17</b>  <b>DINNER</b>                      Mixed Greens Salad                      with Bay Shrimp                      English Cut Prime Rib                      Bacon and Cheddar                      Potato Puree                      Cheesecake</p>	<p><b>October 18</b>                      Split Pea Soup                      *Kurobuta Pork Roast                      w/Apricots                      Wild Rice                      Vegetables                      German Chocolate                      Cake</p>	<p><b>October 19</b>                      Zucchini Soup                      Spinach, Mushroom                      and Leek Tart                      Vanilla and Chocolate                      Mini Eclairs</p>	<p><b>October 20</b>                      Mushroom Soup                      Quinoa Salad with                      Grilled Chicken                      Orange Oil Cake</p>
<p><b>October 23</b>                      Mulligatawny Soup                      Grilled Salmon                      Provencale                      Vegetables                      Lemon Oil Cake</p>	<p><b>October 24</b>                      Romaine, Avocado and                      Tomato Ranch Salad                      Shepherds Pie                      Boston Cream Pie</p>	<p><b>October 25</b>                      Butternut Squash Soup                      Roasted Chicken with                      Artichokes and Olives                      Orzo                      Apple Tart with                      Caramel</p>	<p><b>October 26</b>                      Portobello Mushroom                      and Arugula Salad                      Pappardelle with                      Grilled Shrimp,                      Tomato and Basil                      Sabayon with Berries</p>	<p><b>October 27</b>                      Manhattan Clam                      Chowder                      Petrale Sole Dore                      Pesto Mashed                      Potatoes                      Vegetables                      Carrot Cake</p>
<p><b>October 30</b>                      Mixed Greens with                      Green Goddess                      Dressing                      Chicken Pot Pie                      Chocolate Cream Pie</p>	<p><b>October 31</b>                      Spinach Salad                      Beef Daube Provenale                      with Egg Noodles                      French Apple Cake</p> <p style="text-align: center;"></p>	<p><b>November 1</b>  <i>Men's Day</i>                      Chicken and Wild Rice                      Soup                      *Farro and Vegetable                      Salad                      Creme Caramel with                      Fruit</p>	<p><b>November 2</b>                      Curried Carrot &amp;                      Apple Soup                      Chinese Chicken Salad                      Pineapple Tart</p>	<p><b>November 3</b>                      Butternut Squash &amp;                      Cranberry Salad                      Quiche Lorraine                      with Spinach and                      Mushrooms                      Angel Food Cake</p>

Reservations for dining or carry-out: Call 375-0626  
 or email [casaabregoclub@att.net](mailto:casaabregoclub@att.net)

