

Reservations must be made in advance.
To make a reservation, please call 510.747.7503.

Menu subject to change.

Suggested donation: \$3.75

Guests under 60 may purchase a meal for \$10.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
3 Beef Burger w/Lettuce, Tomato, Onion, & Pickle on a WW Bun Lentil & Black Bean Soup+ Fruit	4 Sweet and Sour Pork Steamed Broccoli + Carrots* Brown Rice Fruit 	5 Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Carrot Soup * WW Roll Fruit	6 Chile Verde Chicken Enchilada Casserole+* Black beans Steamed Corn Fruit	7 Spaghetti with Veggie Marinara+ Vegetable Medley Salad* Garlic Bread Fruit
10 Herb Baked Fish w/ Melted Leeks Cream Sauce* Cesar Salad+ WW Roll Fruit <i>Dessert: Pudding</i>	11 Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup+* WW Roll, Fruit	12 Beef Stir-Fry w/Broccoli & Cauliflower+ Spring Mix Salad with Cucumbers and Tomatoes Brown Rice Fruit	13 Spinach Lasagna+ <> Garden Salad * Bread Stick Fruit 	14 Turkey with Gravy Rosemary Potatoes Green Beans WW Roll Fruit+
HOLIDAY 17 	18 Herb Baked Chicken Pesto Potatoes & Green Beans + Biscuit Fruit	19 Turkey Sloppy Joes + on WW Bun Garden Salad * Fruit	20 Tuna Salad Sandwich on WW Bread Cheddar Potato Soup+* Vegetable Medley Salad* Fruit	21 BBQ Pork Chop Red Cabbage+ Carrots* Brown Rice Fruit 
24 Albondigas Entrée Soup+* Tossed Vegetable Salad* WW Crackers Fruit	25 Veggie Burger w/Lettuce, Tomato, & Onion on a WW Bun Roasted Sweet Potatoes+* Fruit	26 Chicken Cacciatore+ over WW Penne Brussel Sprouts+ Fruit <i>Dessert: Cake</i> 	27 Glazed Meatloaf Mashed Potatoes & Gravy Peas & Carrots Blend* WW Roll Fruit +	28 Baked Fish w/ Lemon Caper Sauce Tomato Florentine Soup* Seasoned Broccoli+ Brown Rice, Fruit
31 Moroccan Chicken Sweet Potatoes +* Carrot & Chickpea Salad* WW Pita Bread Fruit				KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat 1% Milk served each meal

