














Reservations must be made in advance.  
To make a reservation, please call 510.747.7503.  
Menu is 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
1% Milk served each meal  <b>Menu subject to change without notice</b>	<b>KEY</b> + Vitamin C Source * Vitamin A Source <> High Sodium Day WW = Whole Wheat  = Vegetarian Day			<b>Holiday Meal</b> 1 Hamburger on WW Bun with Lettuce, Tomato, Onion & Pickle Carrot Slaw*  Fruit+, Dessert: Jello
<b>HOLIDAY</b> 4 	5 Egg Salad Sandwich on WW Bread w/ Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+	6 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit +	7  Vegetable Stir Fry+* House Salad* Brown Rice Fruit	8 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+
11 Meatball Sub Italian Green Beans Spinach Medley Salad* Fruit+	12 Baked Cod w/Coconut Curry Sauce Cilantro Coleslaw Seasoned Cauliflower+ Brown Rice Pilaf, Fruit	13  Herb Baked Chicken Potato Cabbage Soup Peas & Carrots * WW Roll Fruit+	14 Sweet & Sour Pork Broccoli + Asian Blend Vegetables Brown Rice Fruit	15  Pasta w/ Marinara Sauce Brussels Sprouts + House Salad* Garlic Bread Fruit
18 Imitation Crab & Egg Salad over Romaine w/Tomato Hearty Vegetable Soup*+ WW Bread Fruit, Dessert: Cookie	19  Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit	20  Pesto Tortellini Primavera*+ Tomato Soup Garlic bread Fruit	21 BBQ Chicken Sandwich on WW Bun w/ Lettuce, Tomato and Onion Broccoli Cranberry Salad + Fruit	22  Albondigas Entrée Soup +* Tossed Veg Salad* Roasted Corn Tortilla Chips Fruit
25  Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous Fruit 	26 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom & Orzo Soup WW Crackers, Fruit +	27  Ginger Beef Bowl Carrots* Brown Rice Fruit+	28  Spinach & Mushroom Lasagna*+ Vegetable Medley Salad * WW Roll Fruit	29 Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts + Brown Rice Fruit