



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
<div>✓ 1</div> <div>Veggie Burger on WW Bun with Lettuce, Tomato, &amp; Onion Chickpea Carrot Salad*+ Fruit</div>	<div>2</div> <div>Cod w/Lemon Yogurt Sauce SW Side Salad+ Peas and Carrots* Brown Rice Fruit+</div>	<div>Nat'l Watermelon Day 3</div> <div>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes &amp; Onions Pinto Beans WW Tortilla, Fruit</div>	<div>4</div> <div>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit Dessert</div>	<div>5</div> <div>Veggie Chili over Baked Potato Broccoli+ Cornbread Fruit</div>
<div>8</div> <div>Turkey &amp; Veggie Stir-fry Roasted Cauliflower+ Brown Rice Fruit</div>	<div>9</div> <div>Cabbage Roll Soup*+ Vegetable Medley Salad* WW Roll Fruit</div>	<div>10</div> <div>Baked Cod with Sun-dried Tomato Sauce Tossed Vegetable Salad* Green Beans Rice Pilaf, Fruit+</div>	<div>✓ 11</div> <div>Veggie Burrito Bowl+ over Brown Rice Spinach Salad w/Carrots &amp; Red Onion*+ Fruit</div>	<div>12</div> <div>Chicken Dijon Endive Soup Carrots* Brown Rice Fruit+</div>
<div>15</div> <div>Southwestern Chicken Salad*+ Hearty Vegetable Soup*+ Chips Fruit</div>	<div>&lt; &gt; 16</div> <div>Carnitas Pulled Pork on WW Bun with Mexican Coleslaw+ Pinto Beans Roasted Corn Fruit</div>	<div>17</div> <div>Apricot Glazed Chicken Vegetable Blend*+ Spinach Medley Salad* Rice Pilaf Fruit+ Dessert</div>	<div>18</div> <div>Tuna Sandwich on WW Bread with Lettuce, Tomato, &amp; Onion Baked Sweet Potato Tots* Fruit+</div>	<div>✓ 19</div> <div>Lentil Vegetable Curry*+ Broccoli+ Brown Rice Fruit</div>
<div>22</div> <div>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+</div>	<div>✓ 23</div> <div>Chef Entrée Salad*+ WW Roll Fruit</div>	<div>24</div> <div>Teriyaki Chicken Ginger Sweet Potato Soup* Vegetable Blend*+ Pineapple Veg Rice Fruit</div>	<div>25</div> <div>Turkey Sandwich on WW Bread with Cranberry Sauce, Lettuce, Tomato &amp; Onion Broccoli Raisin Salad+ Fruit</div>	<div>26</div> <div>Salisbury Steak w/ Mushrooms &amp; Onions Mashed Potatoes Peas &amp; Carrots* WW Roll Fruit+</div>
<div>29</div> <div>Egg Salad Sandwich on WW Bread with Lettuce, Tomato &amp; Onion Chef's Choice Veg Soup Fruit+</div>	<div>30</div> <div>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</div>	<div>✓ 31</div> <div>Vegetable Stir Fry*+ House Salad* Brown Rice Fruit</div>	<div>1% Milk served each meal</div> <div>Menu subject to change without notice</div>	
<div>KEY</div> <div>+ Vitamin C Source</div> <div>* Vitamin A Source</div> <div>&lt; &gt; High Sodium Day</div> <div>WW = Whole Wheat</div> <div>✓ = Vegetarian Day</div>				