

Reservations must be made one week in advance.  
To make a reservation, please call 510.747-7503.

Senior Rate: \$3.75 donation per meal

Any additional contribution is greatly appreciated

Mon	Tue	Wed	Thu	Fri
<b>3</b>	<b>4</b>	<b>5</b> 	<b>6</b>	<b>7</b>
Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+	Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+ 	Vegetable Stir Fry+* House Salad Brown Rice Fruit	Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+  California Poppy Day	Southwestern Baked Cod Southwestern Side Salad Carrots* Rice Pilaf Fruit+, Dessert
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> 
<b>HOLIDAY MEAL</b> Baked Ham Sweet Potatoes*+ Broccoli/Red Bell Pepper+ Hawaiian Roll Fruit 	Ginger Beef Bowl Carrots* Brown Rice Fruit+	Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	Cod w/Coconut Curry Sauce Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	WW Pasta w/Veggie Marinara Sauce* House Salad Garlic Breadstick Fruit+ 
<b>17</b>	<b>18</b>	<b>19</b> 	<b>20</b>	<b>21</b>
Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup WW Bread, Fruit+	Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert	Pesto Tortellini Primavera+* Tomato Soup Garlic Breadstick Fruit 	Albondigas Soup+* with Beef Meatballs Tossed Vegetable Salad* Tortilla Chips Fruit	BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad+ Fruit
<b>24</b>	<b>25</b> 	<b>26</b>	<b>27</b>	<b>28</b>
Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad Couscous Fruit	Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+	Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Brown Rice, Fruit 
			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