









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>1</b> Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom & Orzo Soup WW Crackers, Fruit +	<b>2</b> Baked Cod with Melted Leeks Sauce * Roasted Cauliflower + Brussel Sprouts + Brown Rice, Fruit	<b>3</b> Ground Turkey Lasagna + Vegetable Medley Salad * WW Roll Fruit 
<b>6</b> Veggie Burger on WW Bun with Lettuce, Tomato & Onion Chickpea Carrot Salad * Fruit +	<b>7</b> Cod w/Lemon Yogurt Sauce SW Side Salad Peas and Carrots * Brown rice Fruit + 	<b>NEW 8</b> Turkey Soft Tacos + with Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit	<b>9</b> Asian Chicken Salad + Ginger Sweet Potato Soup * WW Roll Fruit Dessert: Cookie	<b>NEW 10</b> 🌱 Veggie Chili over Baked Potato + Roasted Broccoli + Cornbread Fruit
<b>NEW 13</b> Turkey & Veggie Stir-fry Roasted Cauliflower + Brown Rice Fruit	<b>NEW 14</b> Cabbage Roll Entrée Soup*+ Vegetable Medley Salad * WW Roll Fruit 	<b>15</b> Cod w/Sun-dried Tomato Sauce Tossed Vegetable Salad * Green Beans Rice Pilaf, Fruit +	<b>NEW 16</b> 🌱 Veggie Burrito Bow l+ over Brown Rice Spinach Salad w/Carrots & Red Onion +* Fruit	<b>Holiday Meal 17</b> BBQ Chicken Quarter Potato Salad Sweet Corn Cornbread or Biscuit Fruit +, Dessert 
<b>HOLIDAY 20</b> 	<b>21</b> Southwest Chicken Salad +* Hearty Vegetable Soup +* Tortilla Chips Fruit 	<b>NEW &lt; &gt; 22</b> Carnitas Pulled Pork on WW Bun with Mexican Coleslaw + Pinto Beans Roasted Corn, Fruit	<b>23</b> Tuna Sandwich on WW Bread with Lettuce, Tomato & Onion Baked Sweet Potato Tots * Fruit +	<b>NEW 24</b> Lentil Vegetable Curry +* Roasted Broccoli + Brown Rice Fruit
<b>27</b> Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup * Green Beans Brown Rice & Fruit +	<b>28</b> Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion Broccoli Raisin Salad + Fruit 	<b>29</b> 🌱 Chef Entrée Salad * WW Roll Fruit + 	<b>30</b> Teriyaki Chicken Ginger Sweet Potato Soup * Vegetable Blend +* Pineapple Vegetable Rice Fruit	<b>June is Pride Month</b> 