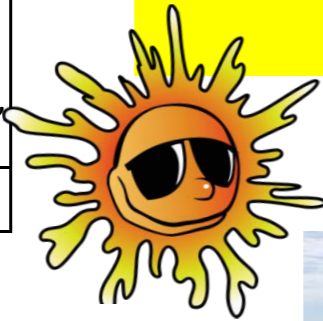


OHK Senior Meal Program is funded, in part, by the Alameda County Area on Aging

Vitamin A Source \*, Vitamin C Source +, High Salt #, Spicy @

SUGGESTED DONATION - \$3.00

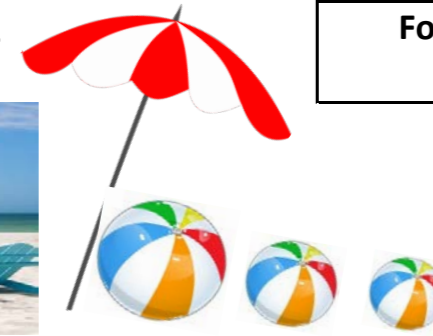


## Good Thyme Café' August, 2018 60+ Senior Lunch Program

1% Milk served daily

Doors open at 11:30 am-1 pm, Walk-ins until 12:45 pm.

**Reservations Highly Encouraged!**



**Robert Livermore  
Community Center  
4444 East Ave.  
Livermore, Ca. 94550**

**For Reservations Call:  
(925) 373-5764**





**Monday: Chef's Choice Soup**

**Tuesday: Chef's Choice Soup**

**Wednesday: Vegetarian Soup**

**Thursday: Chef's Choice Soup**

**Friday: Chef's Choice Soup**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AUGUST 6th	 AUGUST 7th	AUGUST 1st Indian Butter Chicken w/ Enriched Rice, Seasonal Vegetables, Seasonal Fruit AUGUST 8th	AUGUST 2nd Low Sodium Beef Hot dogs w/ Sauerkraut, Black Beans, Seasonal Vegetables, Seasonal Fruit AUGUST 9th	AUGUST 3rd Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit AUGUST 10th
Oven Baked Ham, Red Potatoes, Seasonal Vegetables, Seasonal Fruit AUGUST 13th	Chicken Alfredo w/ Broccoli, Whole Grain Roll, Seasonal Fruit AUGUST 14th	Pork Ribs, Potato Wedges, Seasonal Vegetables, Seasonal Fruit AUGUST 15th	Beef Lasagna, Seasonal Vegetables, Seasonal Fruit AUGUST 16th	Tandoori Chicken Salad, Herb Biscuit*+, Seasonal Fruit AUGUST 17th
Hamburger w/ Lettuce, Tomato and Grilled Onions, Cucumber Salad, Seasonal Fruit AUGUST 20th	Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Seasonal Fruit AUGUST 21st	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit AUGUST 22nd	Chicken Lo Mein w/ Seasonal Asian Vegetables, Seasonal Fruit AUGUST 23rd	Black Bean Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit AUGUST 24th
Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit AUGUST 27th	<b># Reuben Casserole,            Seasonal Vegetables,            Seasonal Fruit</b> AUGUST 28th	Rosemary Pork Roast, Mashed Potatoes w/ Gravy. Seasonal Vegetables, Seasonal Fruit AUGUST 29th	BBQ Chicken, Baked Beans, Seasonal Vegetables, Whole Grain Roll, Seasonal Fruit AUGUST 30th	Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit AUGUST 31st
Garden Salad w/ Tuna Salad*+, Cornbread, Seasonal Fruit	Balsamic Chicken over Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Shepherd's Pie, Seasonal Vegetables, Seasonal Fruit	Pasta Primavera (Ham), Peas and Broccoli, Herb Roasted Tomatoes, Seasonal Fruit	Orange Maple Glazed Chicken, Sweet Potatoes, Seasonal Vegetables, Seasonal Fruit