

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

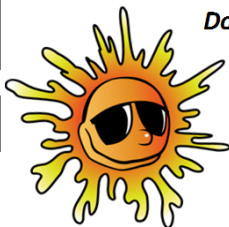
Vitamin A Source *, Vitamin C Source +, High Salt #, Spicy @

SUGGESTED DONATION - \$3.00

Good Thyme Café August 2017

60+ Senior Lunch Program

Doors open 11am - 1pm Walk-ins accepted until 12:45 pm
1% Milk served daily



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

FOR RESERVATIONS CALL:
(925) 373-5764




Monday: Chef's Choice

Tuesday: Chef's Choice

Wednesday: Vegetarian

Thursday: Chef's Choice

Friday: Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 AUGUST 7th	Vegetable Frittata, Herb Smashed Potatoes, Seasonal Fruit  AUGUST 8th	Butter Chicken w/ Enriched Rice, Seasonal Vegetables, Seasonal Fruit AUGUST 9th	Low Sodium Beef Hot dogs w/ Sauerkraut, Black Beans, Seasonal Vegetables, Seasonal Fruit AUGUST 10th	Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit AUGUST 11th
Oven Baked Ham, Cheesy Potatoes, Seasonal Vegetables, Seasonal Fruit AUGUST 14th	Chicken Alfredo w/ Broccoli, Whole Grain Roll, Seasonal Fruit AUGUST 15th	Pork Ribs, Potato Wedges, Seasonal Vegetables, Seasonal Fruit AUGUST 16th	Beef Lasagna, Seasonal Vegetables, Seasonal Fruit AUGUST 17th	Tandoori Chicken Salad, Herb Biscuit*+, Seasonal Fruit AUGUST 18th
Hamburger w/ Lettuce, Tomato and Grilled Onions, Cucumber Salad, Seasonal Fruit AUGUST 21st	Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Seasonal Fruit AUGUST 22nd	Open Faced Tuna Melt, Apple Salad, Seasonal Vegetables, Seasonal Fruit AUGUST 23rd	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit AUGUST 24th	Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit AUGUST 25th
Black Bean Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit AUGUST 28th	# Reuben Casserole, Seasonal Vegetables, Seasonal Fruit AUGUST 29th	Rosemary Pork Roast, Mashed Potatoes w/ Gravy. Seasonal Vegetables, Seasonal Fruit AUGUST 30th	BBQ Chicken, Baked Beans, Seasonal Vegetables, Whole Grain Roll, Seasonal Fruit AUGUST 31st	Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit
Chicken and Rice Casserole w/ Seasonal Vegetables, Seasonal Fruit	Shepherd's Pie, Seasonal Vegetables, Seasonal Fruit	Garden Salad w/ Tuna Salad*+, Cornbread, Seasonal Fruit 	Pasta Primavera (Ham), Peas and Broccoli, Herb Roasted Tomatoes, Seasonal Fruit	