

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 July 2017

60+ Senior Lunch Program

1% Milk served daily
Happy 4th of July!

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 JULY 3rd	TUESDAY JULY 4th	WEDNESDAY JULY 5th	THURSDAY JULY 6th	FRIDAY JULY 7th
Hamburger w/ Lettuce, Tomato and Grilled Onions, Cucumber Salad, Seasonal Fruit	NO SERVICE HOLIDAY 	Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Seasonal Fruit	Open Faced Tuna Melt, Apple Salad, Seasonal Vegetables, Seasonal Fruit	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit
JULY 10th	JULY 11th	JULY 12th	JULY 13th	JULY 14th
Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Black Bean Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit	# Reuben Casserole, Seasonal Vegetables, Seasonal Fruit	Rosemary Pork Roast, Mashed Potatoes w/ Gravy. Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Baked Beans, Seasonal Vegetables, Whole Grain Roll, Seasonal Fruit
JULY 17th	JULY 18th	JULY 19th	JULY 20th	JULY 21st
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
JULY 24th	JULY 25th	JULY 26th	JULY 27th	JULY 28th
Orange Maple Glazed Chicken, Sweet Potatoes, Seasonal Vegetables, Seasonal Fruit	Pork Tacos, Refried Beans, Seasonal Vegetables, Seasonal Fruit	Roast Beef w/ Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit	Chicken Pot Pie w/Seasonal Vegetables, Ice-Cream w/ Fruit	Stuffed Bell Peppers (Beef and Rice), Coleslaw, Seasonal Fruit
JULY 31st				
Chicken Enchilada Casserole, Seasonal Vegetables, Seasonal Fruit	