

OHK Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Cities

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

SUGGESTED DONATION - \$3.00

Good Thyme Café' JANUARY, 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

Tuesday: Chef's Choice

Wednesday: Vegetarian

Thursday: Chef's Choice

Friday: Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JAN 1st	JAN 2nd	JAN 3rd	JAN 4th	JAN 5th
NO SERVICE HOLIDAY	Salisbury Steak w/ Gravy, Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Pork Ribs, Sweet Potato Fries, Seasonal Vegetables, Seasonal Fruit	Honey Mustard Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit	French Dip Au Jus w/ Whole Grain Roll, Seasonal Vegetables, Seasonal Fruit
JAN 8th	JAN 9th	JAN 10th	JAN 11th	JAN 12th
Chicken Alfredo, Seasonal Vegetables, Seasonal Fruit	Garden Salad w/ Tuna Salad, Herb Biscuit, Seasonal Fruit	Stuffed Bell Peppers (Beef and Rice), Coleslaw, Seasonal Fruit	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Turkey and Dumplings w/ Carrots, Peas and Celery, Seasonal Fruit
JAN 15th	JAN 16th	JAN 17th	JAN 18th	JAN 19th
NO SERVICE HOLIDAY	Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit	Low Sodium Beef Hot Dogs w/ Chili, Seasonal Vegetables, Seasonal Fruit	Green Salad w/ Chicken Salad*+, Herb Biscuit, Seasonal Fruit	Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Bread Pudding
JAN 22nd	JAN 23rd	JAN 24th	JAN 25th	JAN 26th
Shepherd's Pie, Seasonal Vegetables, Seasonal Fruit	Baked Ham, Cheesy Potatoes, Seasonal Vegetables, Seasonal Fruit	Marinated Pork Roast, Ginger Rice, Seasonal Vegetables, Seasonal Fruit	Turkey Tetrazzini w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Vegetable Frittata, 3-Bean Salad, Seasonal Fruit
JAN 29th	JAN 30th	JAN 31st		
Chicken Pot Pie, Cornbread, Seasonal Vegetables, Seasonal Fruit	Lemon Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit	Cheeseburger w/ Lettuce, Tomato and Grilled Onions, Potato Salad, Seasonal Fruit	 FRIENDSHIP	Join Us!