

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

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

# Good Thyme Café November 2017

## 60+ Senior Lunch Program

Robert Livermore  
Community Center  
4444 East Ave.  
Livermore, CA 94551

1% Milk served daily

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



SUGGESTED DONATION - \$3.00

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
NOVEMBER 1st				
<span style="font-size: 2em; font-family: cursive;">Happy Thanksgiving</span>		Lemon Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit	Cheeseburger w/ Lettuce, Tomato and Grilled Onions, Potato Salad, Seasonal Fruit	Baked Parmesan Chicken, Enriched Pasta, Sea Vegetables, Seasonal Fruit
NOVEMBER 2nd				
Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Cucumber Salad, Smashed Potatoes, Seasonal Fruit	Cabbage Bake (Beef), Seasonal Vegetables, Seasonal Fruit	Chef Salad w/ Chicken, Egg and Cheese*, Corn Bread, Seasonal Fruit	NO SERVICE HOLIDAY
NOVEMBER 3rd				
Chicken Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Spinach Lasagna, Whole Grain Garlic Bread, Seasonal Fruit	Salisbury Steak w/ Gravy, Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Pork Ribs, Sweet Potato Fries, Seasonal Vegetables, Seasonal Fruit	Honey Mustard Chicken, Enriched Rice, Sea Vegetables, Seasonal Fruit
NOVEMBER 4th				
French Dip Au Jus w/ Whole Grain Roll, Seasonal Vegetables, Seasonal Fruit	Chicken Alfredo, Seasonal Vegetables, Seasonal Fruit	<b>Traditional Turkey Dinner</b> Roasted Turkey, Mashed Sweet Potatoes, Green Bean Casserole, Pumpkin Pie w/ Whipped Cream	NO SERVICE HOLIDAY	NO SERVICE HOLIDAY
NOVEMBER 5th				
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	

\*\*Reservation Deadline for 11/22 is 11/9 by 1pm to guarantee a space\*\*

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CALL:

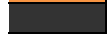
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