

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 @

Good Thyme Café June, 2018

60+ Senior Lunch Program

Doors Open at 11:30am. Lunch 12 - 1pm. Walk-ins until 12:45 pm

1% Milk served daily

Reservations Highly Encouraged!

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

FOR RESERVATIONS CALL:
(925) 373-5764

SUGGESTED DONATION - \$3.00



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
JUNE 1st				
				Hamburger w/ Grilled Onions, Lettuce and Tomato, Apple Salad, Cookie
JUNE 4th	JUNE 5th	JUNE 6th	JUNE 7th	JUNE 8th
Butter Chicken w/ Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Turkey Lasagna, Seasonal Vegetables, Seasonal Fruit	Swedish National Holiday: Swedish Meatballs, Mashed Potatoes, Peas and Carrots, Lingonberry, Swedish Cheesecake	Lemon and Dill Fish, Roasted Potatoes, Seasonal Vegetables, Seasonal Fruit	Beef Stroganoff, Seasonal Vegetables, Seasonal Fruit
JUNE 11th	JUNE 12th	JUNE 13th	JUNE 14th	JUNE 15th
Vegetable Frittata, Potato Wedges, Seasonal Fruit	Turkey Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Seasonal Fruit	Teriyaki Chicken, Rice, Seasonal Vegetables, Seasonal Fruit	Garden Salad*+ w/ Tuna Salad, Cheddar Biscuit, Seasonal Fruit
JUNE 18th	JUNE 19th	JUNE 20th	JUNE 21st	JUNE 22nd
Low Sodium Hot Dogs w/ Sauerkraut, Baked Beans, Herb Roasted Tomatoes, Seasonal Fruit	Ham Tetrazzini, Seasonal Vegetables, Seasonal Fruit	Rosemary Pork Roast, Mashed Potatoes w/ Gravy, Seasonal Vegetables, Seasonal Fruit	Lemon and Garlic Baked Chicken, Garlic Potatoes, Seasonal Vegetables, Seasonal Fruit	BBQ Pork Sliders, Coleslaw, Seasonal Fruit
JUNE 25th	JUNE 26th	JUNE 27th	JUNE 28th	JUNE 29th
Beef Tips w/ Gravy over Enriched Noodles, Seasonal Vegetables, Seasonal Fruit	# Split Pea and Spinach Stew, Cheesy Biscuit, Seasonal Fruit	Teriyaki Meatballs over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Balsamic Chicken, Sweet Potatoes, Seasonal Vegetables, Seasonal Fruit	Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit