

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 June 2017

60+ Senior Lunch Program

1% Milk served daily

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

FOR RESERVATIONS CALL:
(925) 373-5764

HAPPY FATHERS DAY








Monday: Chef's Choice

Tuesday: Chef's Choice

Wednesday: Vegetarian

Thursday: Chef's Choice

Friday: Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			JUNE 1st	JUNE 2nd
JUNE 5th	JUNE 6th	JUNE 7th	JUNE 8th	JUNE 9th
Chicken Milano over Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Swedish National Holiday: Swedish Meatballs, Mashed Potatoes, Peas and Carrots, Lingonberry, Swedish Cheesecake	Black Bean Stew over Enriched Rice, Seasonal Vegetables, Fruit Cup	Herb Roasted Pork Roast w/ Potatoes, Steamed Vegetables, Pears	Balsamic Chicken, Sweet Potatoes, Green Beans, Seasonal Fruit
JUNE 12th	JUNE 13th	JUNE 14th	JUNE 15th	JUNE 16th
BBQ Chicken, Coleslaw, Baked Beans, Fresh Fruit Slices 	Turkey w/ Mashed Potatoes and Gravy, Steamed Vegetables, Fruit Cup	Pasta Carbonara w/ Ham and Bacon and Vegetables, Peaches	Shepherd's Pie, Seasonal Vegetables, Pudding w/ Fruit	Open Faced Tuna Melt, French Fries, Cucumber Salad, Fruit Cup
JUNE 19th	JUNE 20th	JUNE 21st	JUNE 22nd	JUNE 23rd
Beef Stroganoff, Seasonal Vegetables, Orange Slices	Chicken Pot Pie w/ Vegetables, Jell-O w/ Fruit	Beef Roast w/ Red Potatoes, Seasonal Vegetables, Fruit Cup	Baked Pork Chops w/ Apple Sauce, Baked Potato, Mixed Vegetables, Cookie	Turkey Chili over Enriched Rice, Herb Roasted Tomatoes, Seasonal Fruit
JUNE 26th	JUNE 27th	JUNE 28th	JUNE 29th	JUNE 30th
Baked Chicken, Pesto Mashed Potatoes, Steamed Vegetables, Mandarin Oranges	Hamburgers w/ Lettuce, Tomato and Grilled Onions on Whole Grain Bun, 3-Bean Salad, Fruit Cup	Beef Lasagna, Steamed Vegetables, Seasonal Fruit	Rice and Vegetable Medley Casserole, Fruit Cup 	Green Salad w/ Tuna Salad*+, Herb Roll, Berries w/ Ice-Cream