

**AUGUST****CAFÉ DINE-IN MENU****2026**

Lunch served Monday-Friday from 12 -1pm. Service stops at 12:30pm. Make a reservation each Friday for the following week. Call (510)524-9122 or stop by to make a reservation.

| MONDAY                                                                                                                                                       | TUESDAY                                                                                                                                           | WEDNESDAY                                                                                                                                                         | THURSDAY                                                                                                                                                 | FRIDAY                                                                                                                                                                              |
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| <b>3</b><br><b>Teriyaki Chicken</b><br>Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas)+<br>Steamed Brown Rice<br>Fresh Citrus Cutie+          | <b>4</b><br><b>Meat Loaf (Turkey) w/ Gravy</b><br>Whipped Sweet Potatoes*<br>Steamed Broccoli+<br>Whole Wheat Roll<br>Seasonal Pear               | <b>5</b><br><b>Thai Fish Curry Soup</b><br>Whole Wheat Crackers<br>Coleslaw+<br>Banana                                                                            | <b>6</b><br><b>Spinach &amp; Mushroom Lasagna (Vegetarian)</b><br>Garlic Zucchini<br>White Bean Ragu<br>Citrus Cute+                                     | <b>7</b><br><b>BBQ Chicken Thigh</b><br>Seasoned Greens+*<br>Coleslaw+<br>Whole Wheat Crackers<br>Grapes                                                                            |
| <b>10</b><br><b>Chicken and Mushroom in Black Bean Sauce</b><br>Sesame Green Beans<br>Steamed White & Brown Rice Blend<br>Cutie Citrus+                      | <b>11</b><br><b>Beef and Vegetable Stew</b><br>Zucchini<br>Brown Rice<br>Diced Mango+                                                             | <b>12</b><br><b>Chicken Pozole</b><br>Green Salad (Romaine & Cabbage) with shredded carrots with vinaigrette*<br>Whole Wheat Crackers<br>Papaya+                  | <b>13</b><br><b>Vegetable Enchilada Casserole</b><br>Zucchini, Corn & Peppers+<br>Whole Wheat Crackers<br>Pineapple+                                     | <b>14</b><br><b>Butter Chicken</b><br>White & Brown Rice Blend<br>Herbed String Beans<br>Green Salad* (Romaine & Cabbage) with shredded carrots with balsamic vinaigrette<br>Banana |
| <b>17</b><br><b>Lemongrass Chicken</b><br>Squash Medley Stir Fry+<br>Steamed White & Brown Rice Blend<br>Papaya +                                            | <b>18</b><br><b>Baked Cod in a Lemon Garlic Cream Sauce</b><br>Malibu Blend Vegetables (broccoli, carrot, cauliflower) +*<br>Brown Rice<br>Banana | <b>19</b><br><b>Chicken &amp; Vegetable Tortilla Soup</b><br>Green Salad (Romaine & Cabbage) + with cilantro lime dressing<br>Tortilla Chips<br>Pineapple Chunks+ | <b>20</b><br><b>Indian Vegetable Curry</b> with tofu & chickpeas (Vegan)<br>Rosted Sweet Potato*<br>Green Beans<br>Brown Basmati Rice<br>Citrus Cutie+   | <b>21</b><br><b>Sweet &amp; Spicy Citrus Tilapia</b><br>Quinoa<br>Garlicky Spinach*<br>Steamed Broccoli+<br>Seasonal Plum                                                           |
| <b>24</b><br><b>Thai Basil Ground Turkey</b><br>Asian Vegetable Blend (broccoli, carrots, snap peas) +*<br>Steamed White & Brown Rice Blend<br>Citrus Cutie+ | <b>25</b><br><b>Beef Brisket au jus</b><br>Mashed Potatoes<br>Southern Green Beans<br>Whole Wheat Roll<br>Pineapple, berries, mango medley+       | <b>26</b><br><b>Beef &amp; Barley Soup</b><br>Spinach Salad* with Balsamic Dressing<br>Low Sodium V-8 Juice+<br>Whole Wheat Roll<br>Papaya & Mango Chunks+        | <b>27</b><br><b>Pasta Primavera (broccoli, bell peppers, onion, etc.) +</b><br>with Whole Wheat Penne<br>White Bean Ragu<br>Grapes                       | <b>28</b><br><b>Meatball Stroganoff (chicken or beef)</b><br>Egg Noodles (Whole Grain)<br>Steamed Broccoli and Carrots+*<br>Fresh Pear                                              |
| <b>31</b><br><b>Mongolian Meatballs</b> (Pork & Chicken)<br>Mushroom and Bok Choy<br>Sauté+*<br>Steamed Rice w/ Green Onions (brown rice)<br>Nectarine       | Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging       | <b>+denotes vitamin C-rich foods</b><br><b>* denotes vitamin A-rich foods</b>                                                                                     | All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a <u>Higher Sodium Meal</u> |                                                                                                                                                                                     |

**Program participation is not limited with regard to:** Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.