



JUNE 2025**CAFÉ DINE-IN MENU**

Lunch served Monday-Friday from 12 -1pm. Service stops at 12:30pm. Make a reservation each Friday for the following week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry* Steamed Rice Blend Pineapple Chunks+	3 Pork Loin with Gravy Mashed Potatoes Mixed Vegetables+* Whole Wheat Bread & Butter Grapes	4 Italian Wedding Meatball Soup (beef, x4 meatballs) Creamy Coleslaw+* Whole Wheat Bread Tangerine+	5 Three Sisters Stew (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp (oat-topping) over Vanilla Yogurt	6 Egg Salad Sandwich with dill and peas on Whole Wheat Lentil Soup (6oz) Caesar Salad (Romaine)+ Mixed Fresh Fruit Parfait
9 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage+ Steamed Brown Rice Fresh Citrus Cutie+ Higher Sodium Meal	10 Elsie's Chicken Adobo Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana	11 Albondigas (Mexican beef meatball soup x 4 meatballs) * Whole Wheat Crackers Green Salad (Romaine)+ with Cilantro Lime Dressing Diced Mango	12 Sweet Potato Peanut Stew+ over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Greens* Mixed Fresh Fruit Salad <i>Contains Peanuts</i>	13 Roast Beef and Monterey Jack Sandwich on Whole Wheat Lettuce Leaf & Tomato Beet Salad Fresh Mixed Fruit (Cantaloupe & Berries) +
16 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage+* Vegetable Fried Brown Rice Banana Higher Sodium Meal	17 Beef and Bean Chili Steamed Brown Rice Coleslaw+* Grapes	18 Chicken & Sausage Gumbo with Rice Black Eyed Pea Salad Cornbread Fresh Melon+	19 CENTERS CLOSED IN OBSERVANCE OF JUNETEENTH HOLIDAY 	20 Juneteenth Holiday Meal Homemade Baked Macaroni & Cheese (Vegetarian) Lentil Soup (6oz) Braised Collard Greens* Pineapple Chunks+
23 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+ Higher Sodium Meal	24 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread & Butter Fresh Berries	25 Thai Fish Curry Soup+ Whole Wheat Bread & Butter Green Salad with Shredded Carrots* and Vinaigrette Mixed Fresh Fruit (pineapple, mango, blueberries)	26 Spinach & Mushroom Lasagna* (Vegetarian) Three Bean Salad* Caesar Salad (Romaine+)- no crouton Vanilla Yogurt and Berry parfait+	27 Turkey and Cheese  Croissant Sandwich Potato Salad+ Rainbow Fruit Salad (grapes, honeydew, strawberries, cantaloupe, blueberries, mango, pineapple) +
30 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend Fresh Cutie Citrus+ Higher Sodium Meal	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging	Menu is subject to change without notice. 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> .	+denotes vitamin C-rich foods * denotes vitamin A-rich foods All meals include 1% milk.	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.