


JUNE

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
1 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Diced Pineapple/ Mango+	2 Beef and Bean Chili Brown Rice Southern Green Beans Fresh Mandarin Orange+	3 Chicken & Tortellini Soup Green Salad (Romaine & Cabbage) with shredded carrots with Ranch Whole Wheat Crackers Seasonal Apple	4 Vegetable Enchilada Casserole (with Beans) WW Crackers Zucchini, Corn & Peppers+ Papaya+	5 Chicken & Sausage Gumbo Brown Rice Collard Greens+* Green Salad (Romaine & cabbage) + w/ Italian Dressing Grapes
8 Teriyaki Chicken Asian Vegetable Medley Stir Fry (broccoli, carrots, snap peas)+ Steamed Brown Rice Fresh Citrus Cutie+ Chocolate Chip Cookie	9 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Steamed Broccoli+ Whole Wheat Roll Seasonal Pear	10 Thai Fish Curry Soup Whole Wheat Crackers Coleslaw+ Banana	11 Spinach & Mushroom Lasagna (Vegetarian) White Bean Ragu Garlic Zucchini Citrus Cutie+	12 FOAS Membership Lunch BBQ Chicken Thigh Seasoned Greens+* Coleslaw+ WW Crackers Grapes
15 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans Steamed White & Brown Rice Blend Cutie Citrus+	16 Beef and Vegetable Stew* Zucchini Brown Rice Diced Mango+	17 Chicken Pozole Green Salad (Romaine & Cabbage) +with shredded carrots with citrus vinaigrette Whole Wheat Crackers Seasonal Pear	18 Juneteenth Meal Homemade Baked Macaroni & Cheese (Vegetarian) Braised Collard Greens+* Lima Beans Red Salad (watermelon, red grapes, raspberries, strawberries, plum)	19 SENIOR CENTER CLOSED JUNETEENTH HOLIDAY
22 Happy Father's Day Lemongrass Chicken Squash Medley Stir Fry + Steamed White & Brown Rice Blend Papaya+	23 Baked Cod in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables (broccoli, carrot, cauliflower) +* Banana	24 Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine & Cabbage) + with cilantro lime dressing Pineapple chunks+	25 Indian Vegetable Curry with tofu & chickpeas (Vegan) Brown Basmati Rice Roasted Sweet Potato* Green Beans Seasonal Citrus+	26 PRIDE Month Sweet & Spicy Citrus Tilapia Quinoa Garlicky Spinach* Steamed Broccoli+ Rainbow Fruit Salad (grapes, honeydew, strawberries, cantaloupe, blueberries, mango, pineapple) +
29 Thai Basil Ground Turkey Asian Vegetable Blend (broccoli, carrots, snap peas) +* Steamed White & Brown Rice Blend Citrus Cutie+	30 Beef Brisket au jus Mashed Potatoes Southern Green Beans Whole Wheat Roll Pineapple, berries, mango+	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging	+denotes vitamin C-rich foods * denotes vitamin A-rich foods 	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.