

MARCH

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
2 Chicken Bulgogi Carrots & Mung Bean Sprouts Stir Fry+* Steamed Rice Blend (Half Brown Rice) Mango Chunks+	3 Pork Loin with Gravy Mashed Potatoes Mixed Vegetables (broccoli, zucchini, carrots)+* Grapes Whole Wheat Bread	4 Italian Wedding Meatball Soup* (beef, x4) Creamy Coleslaw+* Whole Wheat Roll Tangerine+	5 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Roll Fresh Seasonal Pear	6 Chicken Salad Croissant Sandwich WW Crackers "Winter" Salad (Greens, Butternut Squash, quinoa, cranberries, apples with vinaigrette) Cutie Citrus+
9 White Fish with Oyster Sauce Stir Fried Carrots and Cabbage* Steamed Brown Rice Fresh Citrus Cutie+	10 Elsie's Chicken Adobo Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana	11 Albondigas (Mexican beef meatball soup) Whole Wheat Crackers Green Salad (Romaine & Spinach) * with Cilantro Lime Dressing Pineapple & Mango Chunks+	12 Sweet Potato Peanut Stew* over Quinoa (Vegan, with peanuts & chickpeas) Seasoned Greens+* Grapes <i>Contains Peanuts</i>	13 Chicken Tikka Masala White & Brown Basmati Rice Blend Carrots and Peas* Green Salad w/ cilantro lime dressing* Peach Fruit Cup (Vitamin C- fortified) +
16 Beef and Tomato Stir Fry Seasoned Carrots & Cabbage* Vegetable Fried Brown Rice Pineapple/Mango Chunks+	17 St. Patrick's Day Corned Beef Hash (w/ potatoes and onions) Whole Wheat Roll Braised Cabbage+ Braised Carrots* Seasonal Pear <i>Higher Sodium Meal</i>	18 Southwest Chicken Vegetable Soup* Garden Salad with Carrots & Dressing (Romaine) Whole Wheat Bread Fresh Citrus Cutie+	19 Homemade Baked Macaroni & Cheese (Vegetarian) Whole Wheat Crackers Black Eyed Peas Braised Collard Greens+* Pineapple Chunks+	20 Sweet & Spicy Citrus Tilapia Quinoa Sautéed Spinach* Green Salad (Romaine & Cabbage) with shredded carrots with cilantro lime dressing Banana
23 Teriyaki Chicken Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+	24 Meat Loaf (Turkey) w/ Gravy Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread Seasonal Pear	25 Thai Fish Curry Soup Whole Wheat Bread Green Salad with Shredded Carrots and Vinaigrette Banana	26 Spinach & Mushroom Lasagna (Vegetarian) Whole Wheat Crackers Three Bean Salad Caesar Salad (Romaine)- no crouton Cutie+	27 Swedish Meatballs Egg Noodles (Whole Grain) Steamed Broccoli and Carrots+* Mixed Fresh Fruit (berries, grapes, mango, pineapple)
30 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots Steamed Brown Rice Fresh Cutie Citrus+	31 Beef and Vegetable Stew* Brown Rice Zucchini Mango Chunks+	Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging. 	Thursday Lunches: 11:45am-12:45am Lunch Serving stops at 12:15pm	All meals include 1% milk. Menu is subject to change without notice. +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.