


**MAY****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   |
|--|---|--|--|--|
| <p>Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.</p>  | <p><b>+denotes vitamin C-rich foods</b><br/> <b>* denotes vitamin A-rich foods</b><br/> <b>All meals include 1% milk.</b><br/>           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></p> | <p>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.</p>  | <p>Menu is subject to change without notice.</p>   | <p><b>1</b><br/> <b>Chicken Enchilada Casserole</b><br/>           Zucchini, Corn &amp; Peppers+<br/>           Mexican Coleslaw+*<br/>           Diced Mango and Pineapple+</p>   |
| <p><b>4</b><br/> <b>Thai Basil Ground Turkey</b><br/>           Asian Vegetable Blend (broccoli, carrots, snap peas) +<br/>           Steamed White &amp; Brown Rice Blend<br/>           Citrus Cutie+</p>                    | <p><b>5</b><br/> <b>Beef Brisket au jus</b><br/>           Mashed Potatoes<br/>           Southern Green Beans<br/>           Whole Wheat Roll<br/>           Pineapple, berries, mango+</p>  | <p><b>6</b><br/> <b>Bagged Lunch – Deli Sandwich</b><br/>           Chief Salad* w/ Balsamic Dressing<br/>           Whole Wheat Roll<br/>           Fruit cup</p>   | <p><b>7</b><br/> <b>Pasta Primavera (broccoli, bell peppers, onion, etc.) +</b><br/>           with Whole Wheat Penne<br/>           White Bean Ragu<br/>           Grapes</p>                         | <p><b>8 MOTHER'S DAY LUNCH</b><br/> <b>Meatball Stroganoff</b> (beef)<br/>           Egg Noodles (Whole Grain)<br/>           Steamed Broccoli and Carrots+*<br/>           Fresh Pear</p>   |
| <p><b>11</b><br/> <b>Mongolian Meatballs</b> (Pork &amp; Chicken)<br/>           Mushroom and Bok Choy Sauté+*<br/>           Steamed Rice w/ Green Onions (1/2 white &amp; 1/2 brown)<br/>           Fresh Seasonal Apple</p> | <p><b>12</b><br/> <b>Tuna Noodle Casserole (Whole Wheat Noodles) with Carrots &amp; Peas</b><br/>           Herbed Broccoli+<br/>           Creamy Coleslaw+*<br/>           Grapes</p>   | <p><b>13</b><br/> <b>Turkey Jook (Chinese rice porridge, a.k.a. Congee)</b><br/>           Low Sodium V-8 Juice+<br/>           Pineapple, berries, mango+</p>   | <p><b>14</b><br/> <b>Shepherd's Pie</b><br/>           (vegetarian, no crust)- soy crumble<br/>           Bavarian Red Cabbage+<br/>           Whole Wheat Roll<br/>           Fresh Pear</p>          | <p><b>15</b><br/> <b>Chicken Fried Steak with Country Gravy</b><br/>           Collard Greens+*<br/>           Whipped Sweet Potatoes+<br/>           Whole Wheat Roll<br/>           Fresh Citrus Cutie+</p>                          |
| <p><b>18</b><br/> <b>Chicken Bulgogi</b><br/>           Carrots &amp; Mung Bean Sprouts Stir Fry*<br/>           Steamed White &amp; Brown Rice Blend<br/>           Fresh Cutie Citrus+</p>                                   | <p><b>19</b><br/> <b>Pork Loin with Gravy</b><br/>           Mashed Potatoes<br/>           Broccoli &amp; Cauliflower+<br/>           Banana<br/>           Whole Wheat Roll</p>   | <p><b>20</b><br/> <b>Italian Wedding Meatball Soup</b> (beef, x4)<br/>           Whole Wheat Roll<br/>           Creamy Coleslaw+<br/>           Fresh Pear</p>  | <p><b>21</b><br/> <b>Cheese Ravioli with Marinara</b><br/>           Herbed Broccoli &amp; Carrots+*<br/>           White Bean Salad<br/>           Whole Wheat Roll<br/>           Seasonal Apple</p> | <p><b>22</b><br/> <b>Latin Roast Pork</b><br/>           Yellow Rice (half brown rice)<br/>           Cuban-style Black Beans<br/>           Whole Wheat Cracker<br/>           Creamy Coleslaw+<br/>           Warm Spiced Apples</p> |
| <p><b>25</b><br/> <b>SENIOR CENTER CLOSED</b><br/> <b>MEMORIAL DAY</b></p>   | <p><b>26</b><br/> <b>Elsie's Chicken Adobo</b><br/>           Brown Rice<br/>           Mixed Vegetables (green beans, broccoli, carrots) +*<br/>           Fresh Citrus Cutie+</p>   | <p><b>27</b><br/> <b>Albondigas (Mexican beef meatball soup)</b><br/>           Whole Wheat Crackers<br/>           Green Salad+ with cilantro lime dressing<br/>           Banana</p>   | <p><b>28</b><br/> <b>Sweet Potato Peanut Stew* over Quinoa</b> (Vegan, with peanuts &amp; chickpeas)<br/>           Seasoned Collard Greens+*<br/>           Grapes<br/> <i>Contains Peanuts</i></p>   | <p><b>29</b><br/> <b>Chicken Parmesan</b><br/>           Whole Wheat Pasta (Under Chicken)<br/>           Ratatouille+<br/>           Banana</p>   |