






AUGUST 2023



**MAKE YOUR LUNCH RESERVATIONS
AT LEAST ONE BUSINESS DAY
IN ADVANCE!
510-215-3098**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	8/1 Sesame Mustard Pork over Confetti Rice Cauliflower Soup C Steamed Cabbage Seasonal Fresh Fruit Ice Cream	8/2 Chicken w/Apple Chutney Whipped Yams C California Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	8/3 Turkey Enchilada Casserole w/Salsa Whole Kernel Corn C Cilantro Slaw w/Carrots Juice Pudding	8/4 Meatloaf w/Gravy C Mashed Potatoes Green Beans Whole Wheat Roll w/Butter Apricots RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098
8/7 Swedish Meatballs over Herbed Pasta Spinach Whole Wheat Roll w/Butter Tropical Fruit 	8/8 C Fish Vera Cruz Mashed Potatoes Scandinavian Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit	8/9 Ginger Pepper Beef over Brown Rice Green Peas Carrots Fruited Gelatin C w/Mandarin Oranges RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	8/10 Teriyaki Chicken over Asian Brown Rice Cabbage Soup C California Vegetables Seasonal Fresh Fruit Cookie	8/11 Taco Salad w/Ground Turkey, Shredded Cheese, Mixed Greens, Salsa & Ranch Dressing C Tortilla Chips Black Bean Soup Fresh Orange
8/14 Turkey Shepherd's Pie w/Mashed Potatoes Bean Medley Whole Wheat Roll w/Butter Apple Juice Cookie 	8/15 Beef Pasta Bake Spinach Marinated Beets and Onions Whole Wheat Roll w/Butter C Citrus Fruit	8/16 Pork al Pastor w/Salsa over Spanish Brown Rice Whole Kernel Corn C Cilantro Coleslaw w/Carrots Seasonal Fresh Fruit Brownie RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	8/17 + Seafood Louie Salad w/Mock Crab Thousand Island Dressin Split Pea Soup Whole Grain Crackers x2 C Tropical Fruit	8/18 Chicken Piccata over WW Spaghetti Minestrone Soup Scandinavian Vegetables C Seasonal Fresh Fruit 
8/21 Pork Chili Verde over Brown Rice Mixed Beans Whole Kernel Corn Seasonal Fresh Fruit RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	8/22 Turkey Bolognese over Whole Grain Spaghetti Cream of Broccoli Soup C Fiesta Vegetables Carrot Raisin Salad Juice Cookie	8/23 Breaded Fish w/Lemon and Tartar Sauce Clam Chowder Scandinavian Vegetables C Scalloped Potatoes Whole Wheat Roll w/Butter Seasonal Fresh Fruit	8/24 Chicken Mole over Brown Rice Pinto Beans Green Salad w/Dressing C Fresh Orange	8/25 Salisbury Steak w/Onion Gravy C Mashed Potatoes Italian Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit Ice Cream
8/28 Spaghetti w/Meatballs California Vegetables Whole Wheat Roll w/Butter Seasonal Fresh Fruit RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098	8/29 Tuna Salad Sandwich w/Lettuce, Tomato, & Onion on WW Bread Tomato Basil Soup Carrot Raisin Salad C Tropical Fruit	8/30 Turkey Burger w/Cheese Lettuce, Tomato, Onion Ketchup, Mustard, Mayo Whole Wheat Bun Mushroom Barley Soup Spinach Salad w/Dressing C Mandarin Oranges	8/31 Harvest Pork Stew Cornbread w/Butter Italian Vegetables Tossed Salad w/Dressing C Citrus Fruit	 RSVP 1-DAY IN ADVANCE BEFORE 12:30PM 510-215-3098

NOTES All meals served with lowfat milk.
 Vitamin A
 C Vitamin C
 + Higher in sodium
 ^ Dessert of Choice