

Berkeley Tri-City Cafe

OCTOBER 2019 Lunch Menu

COST: \$3.00 (suggested contribution) for members 60 and older / \$5.00 per meal for members under 60

No one 60+ turned away for inability to contribute. Senior center membership required.

We accept cash, and weekly or monthly checks (paid to City of Berkeley/Tri-City Nutrition)

Lunch Served: Monday - Friday at 12:00 PM *Unless centers are closed

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>+ denotes vitamin C-rich foods * denotes vitamin A-rich foods</p> <p>Tuesday soups, chili, and salads are 12-ounce, main entrée servings</p>	<p>1 Mediterranean Fish Soup+ Garden Salad with Carrots* and Vinaigrette Whole Grain Crackers x 2 Fruited Greek Yogurt Chilled Fruit Juice+</p>	<p>2 SENIOR CENTERS CLOSED Staff Training Day</p>	<p>3 Moroccan Chicken Green Rice (Spinach) Steamed Carrots* with Cumin Zucchini Soup Seasonal Fresh Fruit+</p>	<p>4 Chili con Carne (Beef) with Grated Cheddar Corn Bread Garden Salad with Homemade Light Ranch Dressing Mandarin Oranges+</p>
<p>7 MEATLESS MONDAY Ratatouille White Bean Stew+ (zucchini, red pepper, eggplant) with Cheesy Mashed Potatoes Spring Greens with Vinaigrette Yogurt Parfait+ (vanilla Greek yogurt with berries)</p>	<p>8 Turkey White Bean Kale Soup Garlic Bread Stick Mixed Greens with Creamy Italian Dressing Seasonal Fresh Melon+</p>	<p>9 Brunswick Stew (chicken, tomatoes, corn, lima beans) Cornbread Green Salad with Garbanzo Beans & Vinaigrette Seasonal Fresh Fruit</p>	<p>10 Fish with Curry Sauce++ Steamed Brown Rice Cabbage, Potatoes & Carrots* Farmers' Market Soup Seasonal Fresh Fruit</p>	<p>11 Marinara+ with Beef Meatballs Whole Wheat Pasta Summer Squash Medley Garden Salad with Italian Dressing Seasonal Fresh Fruit</p>
<p>14 SENIOR CENTERS CLOSED Indigenous People's Day (City Holiday)</p>	<p>15 Thai Fish Curry Soup++ Asian Slaw+ Whole Grain Crackers Seasonal Fresh Fruit</p>	<p>16 Chicken Cacciatore (Italian Chicken Stew) Whole Wheat Pasta Summer Squash Medley Tuscan Bean Soup Seasonal Fresh Fruit</p>	<p>17 Meatloaf with Gravy (Beef) Fresh Whipped Yams* Steamed Broccoli+ Whole Wheat Bread Seasonal Fresh Fruit</p>	<p>18 Pulled Chicken Sandwich on Whole Wheat Bun Southern Green Beans Coleslaw+ Peach Cobbler</p>
<p>21 MEATLESS MONDAY Vegetable Enchilada Casserole+ Seasoned Corn Garden Salad with Carrots*, Garbanzo Beans & Ranch Dressing Yogurt Parfait with Berries+</p>	<p>22 Chicken-Lentil Curry Soup Mixed Green Salad* with Garbanzo Beans and Thousand Island Dressing Whole Wheat Roll Seasonal Fresh Melon+</p>	<p>23 Spaghetti with Meat Sauce++ (Turkey) Italian Blend Vegetables*+ Kale & White Bean Soup Warm Apple Crisp</p>	<p>24 Baked Tilapia with Herbed Tomato Sauce++ Spanish Brown Rice Zucchini Pepper Sauté+ Garden Salad* with Vinaigrette Seasonal Fresh Fruit</p>	<p>25 Beef Stroganoff Egg Noodles Seasoned Green Beans Split Pea Soup Cinnamon Applesauce+</p>
<p>28 MEATLESS MONDAY Three-Bean Chili with Grated Cheddar++ Cornbread Creamy Coleslaw+ Ambrosia <i>Contains Soy</i></p>	<p>29 Albondigas (Mexican beef meatball) Whole Wheat Roll Garden Salad* with Homemade Light Ranch Seasonal Fresh Fruit+</p>	<p>30 Fish Veracruz Brown Rice Garlic Green Beans Vegetable Tortilla Soup Fresh Citrus+</p>	<p>31 Happy Halloween Meal Ghastly Ghoulish+ (vegetable beef stew) Scream Beans (green beans) Brown Rice Carrot Pineapple Raisin Salad* Halloween Treat</p>	<p>Fish listed is a type of white fish. <u>NO</u> CATFISH. All meals served with 1% low fat milk. Menus with more than 1,000 milligrams of sodium, will be labeled a Higher Sodium Meal.</p>

Meals prepared by Nutrition Solutions, Inc. with Title III [Older American Act](#) Funds administered through Alameda County Area Agency on Aging. Program participation not limited with regard to race, color, national origin, gender, sexual orientation, gender identity or disability. The Tri-City Café is largely funded by the Older Americans Act which sets the eligibility for nutrition services at 60 years of age or older.