

FEBRUARY 2026

CAFÉ DINE-IN MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken and Mushroom in Black Bean Sauce Sesame Green Beans & Carrots* Steamed Rice Blend (Half Brown) Fresh Cutie Citrus+</p>	<p>3 Beef and Vegetable Stew* Brown Rice Zucchini Tangerine+ French Roll & Butter</p>	<p>4 <i>Soup is a large 12 ounces</i> Chicken Pozole Green Salad (Romaine & Cabbage) with shredded carrots & citrus vinaigrette+* Whole Wheat Crackers Mango Chunks+</p>	<p>5 Cheese Ravioli with Marinara Herbed Broccoli & Carrots+* Three Bean Salad Whole Wheat Bread & Butter Seasonal Pear</p>	<p>6 Chicken Fried Steak with Country Gravy Collard Greens* Black-eyed Peas Whole Wheat Roll Fresh Citrus Cutie+</p>
<p>9 Moo Shu Pork Squash Medley Stir Fry +* Steamed Rice Blend (Half Brown) Mandarin Oranges+</p>	<p>10 Baked Salmon in a Lemon Garlic Cream Sauce Brown Rice Malibu Blend Vegetables+* (broccoli carrots & cauliflower) Banana</p>	<p>11 <i>Soup is a large 12 ounces</i> Chicken & Vegetable Tortilla Soup Tortilla Chips Green Salad (Romaine) w/ cilantro lime dressing+ Pineapple Chunks+</p>	<p>12 Senior Centers Closed for Lincoln's Birthday</p>	<p>13 Chicken Parmesan Whole Wheat Pasta Ratatouille+ Grapes</p>
<p>16 Senior Centers Closed Washington's Birthday</p>	<p>17 Lunar New Year Soy Sauce Chicken Stir Fry Vegetable (carrots, broccoli, cauliflower) + Brown Rice Orange+ Fortune Cookie</p>	<p>18 <i>Soup is a large 12 ounces</i> Chicken & Tortellini Soup Green Salad (Romaine)+ with Dressing Whole Wheat Crackers Grapes</p>	<p>19 Ratatouille White Bean Stew (Vegetarian - zucchini, red pepper, eggplant, white beans) w/ Cheesy Mashed Potatoes Whole Wheat Roll Spring Greens with Dressing Pineapple Chunks+</p>	<p>20 Oven Baked "Fried" Chicken w/ Gravy Stir Fried Greens+* Roasted Sweet Potatoes+* Cornbread WW Cracker Warm Cinnamon Peaches</p>
<p>23 Mongolian Meatballs (Pork & Chicken) Mushroom and Bok Choy Sauté+ Steamed Brown Rice w/ Green Onion Banana</p>	<p>24 Tuna Noodle Casserole (Whole Wheat Noodles) Herbed Carrots and Peas* Garden Salad with Vinaigrette Dressing+ Seasonal mixed fruit (pineapple, berries, mango)</p>	<p>25 <i>Soup is a large 12 ounces</i> Turkey Jook (Chinese rice porridge, a.k.a. Congee) Whole Wheat Crackers Asian Cabbage Salad (Slaw)+ * Seasonal Pear</p>	<p>26 Shepherd's Pie soy crumble (vegetarian, no crust) Bavarian Red Cabbage+* Whole Wheat Bread & Butter Pineapple/Mango Chunks+</p>	<p>27 Chicken & Sausage Gumbo over Brown Rice Cornbread Spinach Salad with Dressing* Cutie Citrus+</p>
 <p>BLACK HISTORY MONTH</p>	<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>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>+denotes vitamin C-rich foods * denotes vitamin A-rich foods</p> <p>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>All meals include 1% milk.</p> <p>Menu is subject to change without notice.</p>