lunch buddies BISTRO

# December 2026 with allergens lunch menu

**Cost** Lunch is free for individuals age 60 and older. Voluntary ($4.00) contribution accepted, not required.

**Reservations** must be made two days in advance by **calling (707) 684-4376,** or visiting the site. Note that Florence Douglas, McBride, and Fairfield are closed on Friday. Dixon is open on Tuesdays and Thursdays only. *Lunch Menu is subject to change without notice.*

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 30<br>**Thanksgiving Special**<br>Sliced Roasted Turkey<br>Gravy (M)<br>Garlic Whipped Potatoes<br>Mixed Fruit<br>Roll (W,S) w/Butter (M)<br>Pumpkin Cake (M,S,W)<br>Cranberry Sauce | 1<br>Potato Crusted Fish (F,W)<br>Tarter Sauce (E)<br>Herbed Brown Rice<br>Brussel Sprouts<br>Tossed Salad w/ Caesar Dressing (E,F,M.S)<br>Fresh Apple | 2<br>Pork al Pastor<br>Salsa<br>Mexican Corn Salad (M)<br>Fiesta Vegetables<br>Tortilla (W,S)<br>Fresh Pear | 3<br>Chicken Thigh<br>Soy Ginger Sauce<br>Brown Rice<br>Green Peas<br>Asian Slaw<br>Fresh Pear | 4<br>Beef Chili w/Beans<br>Whole Kernel Corn<br>Italian Vegetables<br>Roll /Butter<br>Tropical Fruit |
| 7<br>Breaded Fish Sandwich w/ Cheese & Tarter Sauce (F,W,M,E)<br>Tossed Salad w/ Ranch Dressing (E,M,S)<br>Peas and Carrots<br>Fresh Orange<br>Chocolate Chip Cookies (E,W,M,S) | 8<br>Turkey Tamale Pie (M,W,E)<br>Broccoli<br>Bean & Corn Salad<br>Pozole Soup (S)<br>Tortilla (W,S)<br>Tropical Fruit | 9<br>Western Baked Beef (W,S,M)<br>Garlic Whipped Potatoes (M)<br>Green Beans<br>Carrots<br>Fresh Apple | 10<br>Honey Ginger Glaze Pork (M,E,W,P,T,S,SF,SE)<br>Brown Rice<br>Cabbage<br>Asian Noodle Soup (M,E,W,P,T,S,SF,SE)<br>Pears | 11<br>Chicken Pot Pie over WG Biscuit (M,W)<br>Spinach<br>Cauliflower<br>Peaches |
| 14<br>Tuna Salad(F,E) Sandwich (W,S)<br>Lettuce, Tomato, & Onion<br>Bayou Coleslaw (E)<br>Tomato Basil Soup (S,M)<br>Fresh Apple | 15<br>**CLOSED** | 16<br>Beef Stroganoff w/ WG Rotini (W,S,M,F)<br>Italian Vegetables<br>French Onion Soup (W,S,M,F)<br>Fresh Orange | 17<br>Turkey Ham<br>Pineapple Glaze<br>Red Diced Potatoes<br>Mixed Vegetables<br>Broccoli Ranch Salad<br>Roll w/Butter<br>Peaches | 18<br>Pork w/ Ginger and Pineapple Sauce(S,E,W)<br>Brown Rice<br>Green Peas<br>Stir-fry Vegetables (M,E,W,P,T,S,SF,SE)<br>Fresh Pear |
| 21<br>**CLOSED** | 22<br>**CLOSED** | 23<br>**CLOSED** | 24<br>**CLOSED** | 25<br>**CLOSED** |
| 28<br>**CLOSED** | 29<br>**CLOSED** | 30<br>**CLOSED** | 31<br>**CLOSED** | 1<br>**CLOSED** |

This kitchen prepares meals with: tree nuts (T), peanuts (P), soy (S), sesame (SE), eggs (E), milk (M), fish (F), shellfish (SF), wheat (W), and other gluten-containing products. We cannot guarantee that the menu items are allergen-free.

Meals are typically 760 mg or less. Any meals exceeding 1,000 mg are labeled with a blue dot (•) to represent the salt intake. It is recommended to have 2,300 mg or less daily.

All meals are served with low fat milk.

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