

October 2025

2025年10月

Reservations must be made on site or by phone

To cancel, please call (925) 500-8241 before 1pm on the business day prior



必须现场或通过电话预订

如需取消，请在前一个工作日下午 1 点之前致电 (925) 500-8241

		Argentine Beef Stew+*, Butternut Squash Soup*, WW Roll, Seasonal Fresh Fruit 阿根廷炖牛肉+*、南瓜汤*、 WW 卷、时令新鲜水果	1	Asian Flair Pork, Brown Rice, Fresh Vegetable Blend+*, Creamy Mixed Vegetable Soup*, Seasonal Fresh Fruit < > 亚洲风味猪肉、糙米、 新鲜蔬菜混合+*、奶油什锦蔬菜汤*、 时令新鲜水果 < >	2	Bowtie Chicken Pasta, Cider Baked Sweet Potatoes*, Vegetable Pot Pie Stew*, Seasonal Fresh Vitamin C Fruit+ 蝴蝶结鸡肉意面、苹果酒烤红薯*、蔬菜 馅饼炖菜*、时令新鲜维生素 C 水果+	3		
Bean and Rice Burritos, Mexican Coleslaw+, Lentil Soup with Spinach*, Seasonal Fresh Fruit 豆米卷饼、墨西哥凉拌卷心菜+、 菠菜扁豆汤*、时令新鲜水果	6	Chicken Cordon Bleu, Seasoned Broccoli+, Corn Chowder Soup, WW Roll, Seasonal Fresh Fruit 鸡肉奶酪卷、调味西兰花+、玉米浓汤、 WW 面包卷、时令新鲜水果	7	Moo Shu Pork+ on Lettuce Bed, Butternut Squash Soup*, WW Crackers, Seasonal Fresh Fruit 木须肉+生菜底，南瓜汤*，WW饼干，时 令新鲜水果	8	Beef & Vegetables, Brown Rice, Creamy Mixed Vegetable Soup*, Seasonal Fresh Vitamin C Fruit+ 牛肉和蔬菜、糙米、奶油什锦蔬菜汤*、 时令新鲜维生素C水果+	9	Enchilada Rice Casserole(Turkey), Grilled Corn Salad+, Vegetable Pot Pie Stew*, Seasonal Fresh Fruit 辣酱玉米饼卷米饭砂锅（火鸡）、 烤玉米沙拉+、蔬菜馅饼炖菜*、 时令新鲜水果	10
Office and Senior Centers Closed INDIGENOUS PEOPLES DAY 办公室和老年中心关闭	13	Sloppy Joes+ on a WW Bun, Fresh Carrots*, Corn Chowder Soup, Seasonal Fresh Fruit 邋遢乔氏三明治+，搭配 WW 面包、 新鲜胡萝卜*、玉米浓汤、时令新鲜水果	14	Ranch Chicken & Beans, Cheesy Garlic Broccoli+, Butternut Squash Soup*, WW Crackers, Seasonal Fresh Fruit 牧场鸡肉和豆子、芝士蒜香西兰花+、 南瓜汤*、WW 饼干、时令新鲜水果	15	Cuban Shredded Pork, Black Beans, Corn Tortilla, Creamy Mixed Vegetable Soup*, Seasonal Fresh Vitamin C Fruit+ 古巴肉丝、黑豆、玉米饼、奶油什锦蔬菜 汤*、时令新鲜维生素C水果+	16	Turkey Rice Dijon+ w/Broccoli+, Vegetable Pot Pie Stew*, Seasonal Fresh Fruit < > 火鸡米饭第戎+配西兰花+、蔬菜馅饼炖 菜*、时令新鲜水果 < >	17
Sicilian Style Sweet Potato Rice Bowl*, Lentil Soup with Spinach*, Seasonal Fresh Vitamin C Fruit+ 西西里风味红薯饭*、菠菜扁豆汤*、 时令新鲜维生素 C 水果+	20	Paella Casserole+, Corn Chowder Soup, Seasonal Fresh Fruit 西班牙海鲜饭砂锅+、玉米浓汤、 时令新鲜水果	21	Garlic Ginger Beef Ramen with Stir Fry Vegetables+, Butternut Squash Soup*, Seasonal Fresh Fruit 蒜姜牛肉拉面配炒蔬菜+、南瓜汤*、 时令新鲜水果	22	Ground Turkey Tacos, Black Beans, Creamy Mixed Vegetable Soup*, Seasonal Fresh Vitamin C Fruit+ 碎火鸡玉米饼、黑豆、奶油什锦蔬菜汤*、 时令新鲜维生素 C 水果+	23	Pork Carnitas, Spanish Rice, Corn w/red peppers, Vegetable Pot Pie Soup+*, Seasonal Fresh Fruit 猪肉卡尼塔、西班牙米饭、红椒玉米、 蔬菜馅饼汤+*、时令新鲜水果	24
Spanish Omelet+, Arugula Salad, Lentil Soup with Spinach*, WW Roll, Seasonal Fresh Fruit 西班牙煎蛋卷+、芝麻菜沙拉、菠菜扁豆 汤*、WW 卷、时令新鲜水果	27	Tuna Casserole, Parslied Carrots*, Corn Chowder Soup+, Seasonal Fresh Fruit 金枪鱼砂锅、香芹胡萝卜*、玉米浓+、 时令新鲜水果	28	Greek Lemon Chicken and Potatoes+, Butternut Squash Soup*, WW, Crackers, Seasonal Fresh Fruit 希腊柠檬鸡肉和土豆+、南瓜汤*、WW、 饼干、时令新鲜水果	29	Shepperd's Pie(Turkey)+*, Honey Glazed Carrots*, Creamy Mixed Vegetable Soup*, Seasonal Fresh Fruit 牧羊人派（火鸡）+*、蜜汁胡萝卜*、奶 油什锦蔬菜汤*、时令新鲜水果	30	Halloween Celebration Spooky Pork Pasta Delight, Boo-ssel Sprouts+, Pumpkin Almond Soup*, Red Apple, Pumpkin Flan 万圣节庆祝活动：恐怖猪肉意面、 Boo-ssel 豆芽+、南瓜杏仁汤*、红苹果、 南瓜馅饼	31

Menu Key
* Vitamin A Source
+ Vitamin C Source
High Salt
@ Spicy
V No Meat, made with vegetable base
WW-Whole Wheat
<> High Sodium Day

The Open Heart Kitchen Senior Meal Program is partially funded
by the Alameda County Area Agency on Aging
and the Tri-Valley Cities
Suggested Donation: \$3 / Meal
Donate online: donate.openheartkitchen.org/seniormeal
Donate by check: Payable to “Open Heart Kitchen”,
1141 Catalina Dr #137, Livermore, CA 94550 (Memo: “C-1 Meal”)

All meals served with milk
Daily fruit subject to change based on availability
所有餐点均配有牛奶
每日水果可能会根据供应情况而变化

Open Heart Kitchen 長者膳食計劃部分是由阿拉米達縣地區老齡化機構及
三谷城市資助
建議捐贈限額為：3 美元/餐
網上捐贈:: donate.openheartkitchen.org/seniormeal
如寄支票，支票抬頭請寫: Open Heart Kitchen, 1141 Catalina Dr #137,
Livermore, CA 94550 (Memo: “C-1 Meal”)

菜單關鍵詞
* 維生素 A 來源
+ 維生素 C 來源
高鹽
@ 辛辣
V 素食，以蔬菜為基礎
WW- 全麦
<> 高钠日

Octubre de 2025

Las reservas deben realizarse en el sitio o por teléfono.

Para cancelar, llame al (925) 500-8241 antes de la 1:00 p. m. del día hábil anterior.



2025년 10월

예약은 현장 또는 전화로 하셔야 합니다.

취소를 원하실 경우 영업일 전 오후 1시 이전에 (925) 500-8241로 전화주시기 바랍니다.

		Estofado de carne argentina+*, sopa de calabaza moscada*, panecillo tradicional, fruta fresca de temporada 아르헨티나식 소고기 스투+*, 버터넛 스쿼시 수프*, WW 롤, 제철 생과일	Cerdo con sabor asiático, arroz integral, mezcla de vegetales frescos+*, sopa cremosa de vegetales mixtos*, fruta fresca de temporada <> 아시안 플레어 돼지고기, 현미, 신선한 야채 블렌드+*, 크림미한 혼합 야채 수프*, 제철 신선한 과일 < >	Pasta con pollo y pajarita, batatas al horno con sidra*, estofado de pastel de verduras*, fruta fresca de temporada con vitamina C+ 보타이 치킨 파스타, 사이다에 구운 고구마*, 야채 파이 스투*, 제철 신선한 비타민 C 과일+
Burritos de frijoles y arroz, ensalada de col mexicana+, sopa de lentejas con espinacas*, fruta fresca de temporada 콩과 쌀 부리또, 멕시칸 콜슬로+, 시금치를 곁들인 렌틸콩 수프*, 제철 신선 과일	Pollo Cordon Bleu, brócoli sazonado, sopa de maíz, panecillo tradicional, fruta fresca de temporada 치킨 코르동 블루, 브로콜리 시즈닝, 콘 차우더 수프, WW 롤, 제철 생과일	Cerdo Moo Shu+ sobre lechuga, sopa de calabaza moscada*, galletas WW, fruta fresca de temporada 무슈 돼지고기+ 상추 베드, 버터넛 스쿼시 수프*, WW 크래커, 제철 생과일	Carne y verduras, arroz integral, sopa cremosa de verduras mixtas*, fruta fresca de temporada con vitamina C+ 소고기 & 야채, 현미, 크림미한 혼합 야채 수프*, 제철 신선한 비타민 C 과일+	Cazuela de arroz enchilada (pavo), ensalada de maíz a la parrilla+, estofado de pastel de verduras*, fruta fresca de temporada 엔칠라다 라이스 캐서롤(터키), 구운 콘 샐러드+, 야채 파이 스투*, 제철 과일
Oficinas y centros para personas mayores cerrados INDIGENOUS PEOPLES DAY 사무실 및 노인센터 폐쇄	Sloppy Joes+ en panecillo integral, zanahorias frescas*, sopa de maíz, fruta fresca de temporada WW 빵에 슬로피 조스+, 신선한 당근*, 콘 차우더 수프, 제철 신선한 과일	Pollo y frijoles rancheros, brócoli con queso y ajo, sopa de calabaza moscada*, galletas WW, fruta fresca de temporada 랜치 치킨 & 콩, 치즈 마늘 브로콜리+, 버터넛 스쿼시 수프*, WW 크래커, 제철 생과일	Cerdo desmenuzado cubano, frijoles negros, tortilla de maíz, sopa cremosa de verduras mixtas*, fruta fresca de temporada con vitamina C+ 쿠바식 돼지고기, 검은콩, 옥수수 토르티야, 크림미한 혼합 야채 수프*, 제철 신선한 비타민 C 과일+	Arroz con pavo Dijon+ y brócoli+, estofado de verduras*, fruta fresca de temporada < > 터키 라이스 디종+ 브로콜리+, 야채 포트 파이 스투*, 제철 신선 과일 < >
Tazón de arroz con batata al estilo siciliano*, sopa de lentejas con espinacas*, fruta fresca de temporada con vitamina C+ 시칠리아 스타일 고구마 덮밥*, 시금치를 곁들인 렌틸콩 수프*, 제철 비타민 C 과일+	Cazuela de paella+, sopa de maíz, fruta fresca de temporada 파에야 캐서롤+, 콘 차우더 수프, 제철 신선한 과일	Ramen de carne con ajo y jengibre, verduras salteadas+, sopa de calabaza moscada*, fruta fresca de temporada 볶음 야채를 곁들인 마늘 생강 소고기 라면+, 버터넛 스쿼시 수프*, 제철 생과일	Tacos de pavo molido, frijoles negros, sopa cremosa de verduras mixtas*, fruta fresca de temporada con vitamina C+, 다진 칠면조 타코, 검은콩, 크림미한 혼합 야채 수프*, 제철 신선한 비타민 C 과일+,	Carnitas de cerdo, arroz español, maíz con pimientos rojos, sopa de pastel de verduras+*, fruta fresca de temporada 돼지고기 카르니타스, 스페인식 쌀, 붉은 고추를 곁들인 옥수수, 야채 파이 수프+*, 제철 신선한 과일
Tortilla Española+, Ensalada de Rúcula, Sopa de Lentejas con Espinacas*, Panecillo WW, Fruta Fresca de Temporada 스페인식 오믈렛+, 아루굴라 샐러드, 시금치를 곁들인 렌틸콩 수프*, WW 롤, 제철 생과일	Cazuela de atún, zanahorias con perejil*, sopa de maíz+, fruta fresca de temporada 참치 캐서롤, 파슬리 당근*, 콘 차우더 수프+, 제철 생과일	Pollo y patatas al limón griego+, sopa de calabaza moscada*, WW, galletas saladas, fruta fresca de temporada 그리스 레몬 치킨 앤 포테이토+, 버터넛 스쿼시 수프*, WW, 크래커, 제철 생과일	Pastel de pastor (pavo)+*, zanahorias glaseadas con miel*, sopa cremosa de verduras mixtas*, fruta fresca de temporada 셰퍼드 파이(칠면조)+*, 꿀을 곁들인 당근*, 크림미한 혼합 야채 수프*, 제철 생과일	Delicias de pasta con cerdo espeluznantes para celebrar Halloween, brotes de Boo-ssel+, sopa de calabaza y almendras*, manzana roja, flan de calabaza 할로윈 축하 스푸키 포크 파스타 딜라이트, 부셀 스프라우츠+, 호박 아몬드 수프*, 레드 애플, 호박 플랜

Tecla de Menú
 * Fuente de Vitamina A
 + Fuente de Vitamina C
 # Mucha Sal
 @ Picoso
 V Vegetariana, con una base de vegetal.
 WW- Integral
 <> Día alto en sodio

El Programa de comidas para personas mayores de Open Heart Kitchen es parcialmente financiado por la Agencia de la Area de Alameda County y las ciudades en el Tri-Valley.
 Donación Sugerida: \$3 / comida
 Donar en línea: donate.openheartkitchen.org/seniormeal
 Donar por cheque enviado por correo: Pagadero a Open Heart Kitchen, 1141 Catalina Dr #137, Livermore, CA 94550 (En el memo: “C-1 Meal”)

Todas las comidas se sirven con leche.
 Fruta diaria sujeta a cambios según disponibilidad.

모든 식사에 우유가 제공됩니다
 일일 과일은 이용 가능 여부에 따라 변경될 수 있습니다.

Open Heart Kitchen 시니어 급식프로그램은 Alameda County Area Agency on Aging and the Tri-Valley Cities에서 부분적으로 자금을 지원합니다.
 권장 기부금: \$3/식사
 온라인 기부: donate.openheartkitchen.org/seniormeal
 수표 기부: 수취인: "Open Heart Kitchen", 1141 Catalina Dr #137, Livermore, CA 94550 (메모: "C-1 Meal")

메뉴 키
 * 비타민 A 공급원(≥ 840mg)
 + 비타민 C 공급원(≥ 90mg)
 # 고염분(≥ 1,000mg)
 @ 매운
 V No Meat, 야채 베이스로 만든 WW-통 밀
 <> 고나트륨의 날

November 2025

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2025年11月

必须现场或通过电话预订

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Pizza Baked Potato w/Vegetables+, Kale Lentil Sweet Potato Soup+*, WW Roll, Seasonal Fresh Fruit 蔬菜烤土豆披萨+、 羽衣甘蓝扁豆红薯汤+*、WW 卷、 时令新鲜水果	Chili(Turkey) Cornbread Casserole w/Beans and Squash*, Potato Leek Cauliflower Soup+, WW Roll, Seasonal Fresh Fruit 辣椒 (火鸡) 玉米面包砂锅配豆子和南瓜*、 土豆韭菜花椰菜汤+、WW 卷、 时令新鲜水果	Arroz Con Pollo, Pepper Steamed Kale+, Mushroom Barley Stew, Seasonal Fresh Fruit 鸡肉饭、胡椒蒸羽衣甘蓝+、 蘑菇大麦炖菜、时令新鲜水果	Baked Pork Chops, Cauliflower Crunch+, Pumpkin Apple Soup*, WW Roll, Seasonal Fresh Fruit 烤猪排、脆花椰菜+、南瓜苹果汤*、 WW卷、时令新鲜水果	Korean Beef, Peas and Onions, Brown Rice, Carrot Parsnip Soup*, Seasonal Fresh Fruit+ < > 韩式牛肉、豌豆和洋葱、糙米、 胡萝卜防风草汤*、时令新鲜水果+ < >
Vegetarian Taco Salad*, Kale Lentil Sweet Potato Soup+*, WW Tortilla, Seasonal Fresh Fruit 素食塔可沙拉*、羽衣甘蓝扁豆红薯汤+*、 WW 玉米饼、时令新鲜水果	Office and Senior Centers Closed Veterans DAY 办公室和老年中心关闭	Chicken Mole, Fiesta Brown Rice, Mexican Coleslaw, Mushroom Barley Stew, Seasonal Fresh Fruit+ 鸡肉酱、节日糙米、墨西哥凉拌卷心 菜、蘑菇大麦炖菜、时令新鲜水果+	Tomato Beef Macaroni w/Zucchini+, Pumpkin Apple Soup*, Seasonal Fresh Fruit 番茄牛肉通心粉配西葫芦+、 南瓜苹果汤*、时令新鲜水果	Turkey Goulash, Carrot Parsnip Soup*, Seasonal Fresh Fruit+ 火鸡炖牛肉、胡萝卜防风草汤*、 时令新鲜水果+
Spinach Mushroom Frittata*, Kale Lentil Sweet Potato Soup+*, WW Roll, Seasonal Fresh Fruit 菠菜蘑菇煎蛋饼*、 羽衣甘蓝扁豆红薯汤+*、WW 卷、 时令新鲜水果	Chicken Broccoli Rotini, Potato Leek Cauliflower Soup+, Seasonal Fresh Fruit 鸡肉西兰花螺旋粉、土豆韭菜花椰 菜汤+、时令新鲜水果	Oven Baked Beef Papas Rellenas w/Bell Peppers and Onions+, Mushroom Barley Stew, WW Crackers, Seasonal Fresh Fruit 烤箱烤牛肉帕帕斯雷莱纳斯配甜椒和洋 葱+，蘑菇大麦炖菜，WW 饼干， 时令新鲜水果	Ground Turkey Skillet with Green Beans+, Pumpkin Apple Soup*, WW Roll, Seasonal Fresh Fruit 火鸡肉末煎锅配青豆+、南瓜苹果汤*、 WW 面包卷、时令新鲜水果	Pineapple Pork w/Green Peppers+, Brown Rice, Carrot Parsnip Soup*, Seasonal Fresh Fruit 菠萝猪肉配青椒+、糙米、胡萝卜防 风草汤*、时令新鲜水果
Vegetarian Kung Pao+, Brown Rice, Kale Lentil Sweet Potato Soup+*, Seasonal Fresh Fruit 素宫保+、糙米、羽衣甘蓝扁豆 红薯汤+*、时令新鲜水果	Curry Lemon Chicken, Herbed Green Beans, Potato Leek Cauliflower Soup+, Seasonal Fresh Fruit 咖喱柠檬鸡、香草青豆、土豆韭菜花 椰菜汤+、时令新鲜水果	Thanksgiving Meal: Seasoned Roasted Turkey, Mashed Potatoes & Gravy+, Bread Stuffing, Acorn Squash Soup*, Seasoned Fruit, Roasted Pumpkin Pie 感恩节大餐：烤火鸡、土豆泥和肉汁+、 面包馅、橡子南瓜汤*、调味水果、烤南瓜派	HAPPY thanksgiving  Office and Senior Centers Closed 办公室和老年中心关闭	

Menu Key
* Vitamin A Source
+ Vitamin C Source
High Salt
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V No Meat, made with vegetable base
WW-Whole Wheat
<> High Sodium Day

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菜單關鍵詞
* 維生素 A 來源
+ 維生素 C 來源
高鹽
@ 辛辣
V 素食，以蔬菜為基礎
WW- 全麦
<> 高钠日

