

OHK Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Cities

Vitamin A Source \*, Vitamin C Source +, High Salt #, Spicy @

# Senior Menu **FEBRUARY, 2019**

## Pleasanton, Dublin, Livermore Senior Centers

Open Heart Kitchen  
1141 Catalina Dr. #137  
Livermore, Ca. 94550  
(925) 580-1616

1% Milk served daily

**SUGGESTED DONATION - \$3.00**

Monday: Chef's Choice Soup

Tuesday: Chef's Choice Soup

Wednesday: Vegetarian Soup

Thursday: Chef's Choice Soup

Friday: Chef's Choice Soup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				FEB 1st
				Lemon Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit
FEB 4th	FEB 5th	FEB 6th	FEB 7th	FEB 8th
Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Cheeseburger w/ Lettuce, Tomato and Grilled Onions, Potato Salad, Seasonal Fruit	Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Cucumber Salad, Smashed Potatoes, Seasonal Fruit	Cabbage Bake (Beef), Seasonal Vegetables, Seasonal Fruit
FEB 11th	FEB 12th	FEB 13th	FEB 14th	FEB 15th
Chef Salad w/ Chicken, Egg and Cheese*+, Corn Bread, Seasonal Fruit	Chicken Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Spinach Lasagna, Whole Grain Garlic Bread, Seasonal Fruit	Salisbury Steak w/ Gravy, Mashed Potatoes, Seasonal Vegetables, Valentine Themed Dessert	Pork Ribs, Sweet Potato Fries, Seasonal Vegetables, Seasonal Fruit
FEB 18th	FEB 19th	FEB 20th	FEB 21st	FEB 22nd
<b>NO SERVICE HOLIDAY</b>	Honey Mustard Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit	# French Dip Au Jus w/ Whole Grain Roll, Seasonal Vegetables, Seasonal Fruit	Garden Salad w/ Tuna Salad, Herb Biscuit, Seasonal Fruit	Chicken Alfredo, Seasonal Vegetables, Seasonal Fruit
FEB 25th	FEB 26th	FEB 27th	FEB 28th	
Turkey and Dumplings w/ Carrots, Peas and Celery, Seasonal Fruit	Stuffed Bell Peppers (Beef and Rice), Coleslaw, Seasonal Fruit	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Chicken Pot Pie, Cornbread, Seasonal Vegetables, Seasonal Fruit	