

OHK Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Cities		Senior Menu JANUARY, 2019 Pleasanton, Dublin, Livermore Senior Centers			Open Heart Kitchen 1141 Catalina Dr. #137 Livermore, Ca. 94550 (925) 580-1616				
Vitamin A Source *, Vitamin C Source +, High Salt #, Spicy @		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	
		JAN 1st		JAN 2nd		JAN 3rd		JAN 4th	
		NO SERVICE HOLIDAY		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, Seasonal Fruit	
JAN 7th		JAN 8th		JAN 9th		JAN 10th		JAN 11th	
Pork Ribs, Sweet Potato Fries, Seasonal Vegetables, Seasonal Fruit		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	
JAN 14th		JAN 15th		JAN 16th		JAN 17th		JAN 18th	
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		Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit	
JAN 21st		JAN 22nd		JAN 23rd		JAN 24th		JAN 25th	
NO SERVICE HOLIDAY		Chicken Florentine w/ Enriched Pasta and Spinach and Mushrooms, Seasonal Vegetables, Seasonal Fruit		Vegetarian Meatloaf (Chickpeas), Mashed Potatoes w/Gravy, Seasonal Vegetables, Seasonal Fruit		# Shepherd's Pie, Seasonal Vegetables, Bread Pudding w/ Whipped Cream		Baked Ham, Red Potatoes, Seasonal Vegetables, Seasonal Fruit	
JAN 28th		JAN 29th		JAN 30th		JAN 31st			
Turkey Tetrastini w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit		Vegetable Frittata, 3-Bean Salad, Seasonal Fruit		Beef Stroganoff w/ Enriched Noodles, Seasonal Vegetables, Seasonal Fruit		Marinated Pork Roast, Ginger Rice, Seasonal Vegetables, Seasonal Fruit			