

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 APRIL, 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
APRIL 1st	APRIL 2nd	APRIL 3rd	APRIL 4th	APRIL 5th
Salisbury Steak w/Gravy, Red Potatoes, Seasonal Vegetables, Seasonal Fruit	Chicken Florentine w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Potato Wedges, Coleslaw, Fruit Cobbler w /Ice Cream	Pork Tacos, Refried Beans, Seasonal Vegetables, Seasonal Fruit	Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit
APRIL 8th	APRIL 9th	APRIL 10th	APRIL 11th	APRIL 12th
Meatloaf (Beef), Seasonal Vegetables, Seasonal Fruit	Green Salad w/ Chicken Salad, Cheesy Biscuit, Seasonal Fruit	Turkey w/ Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit	Hamburger w/ Lettuce, Tomato and Grilled Onions, Potato Salad, Seasonal Fruit	Orange Maple Glazed Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit
APRIL 15th	APRIL 16th	APRIL 17th	APRIL 18th	APRIL 19th
Low Sodium Hot Dogs, Black Beans, Seasonal Vegetables, Seasonal Fruit	Pot Roast, Mashed Potatoes, Seasonal Vegetables. Seasonal Fruit	Baked Ziti w/ Four Cheeses, Seasonal Vegetables, Seasonal Fruit	Shepherd's Pie, Seasonal Vegetables, Seasonal Fruit	Good Friday Spinach Lasagna, Seasonal Vegetables, Seasonal Fruit
APRIL 22nd	APRIL 23rd	APRIL 24th	APRIL 25th	APRIL 26th
# Easter Monday: Baked Ham, Smashed Potatoes, Green Beans, Easter Themed Dessert	Lemon and Dill Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit	Three Bean and Beef Chili, Cornbread, Seasonal Vegetables, Seasonal Fruit	Pork Roast w/ Applesauce, Smashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Beef Lasagna, Seasonal Vegetables, Seasonal Fruit
APRIL 29th	APRIL 30th			
Tarragon Cream Chicken, Rice Pilaf, Seasonal Vegetables, Seasonal Fruit	Beef Lo Mein w/ Seasonal Asian Vegetables, Seasonal Fruit			