

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 **MARCH, 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

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Wednesday: Vegetarian Soup

Thursday: Chef's Choice Soup

Friday: Chef's Choice Soup

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				MARCH 1st
				Low Sodium Hot Dogs, Black Beans, Seasonal Vegetables, Seasonal Fruit
MARCH 4th	MARCH 5th	MARCH 6th	MARCH 7th	MARCH 8th
Pot Roast, Mashed Potatoes, Seasonal Vegetables. Seasonal Fruit	Orange Maple Glazed Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Ash Wednesday Baked Ziti w/ Four Cheeses, Seasonal Vegetables, Seasonal Fruit	Shepherd's Pie, Seasonal Vegetables, Seasonal Fruit	Lemon and Dill Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit
MARCH 11th	MARCH 12th	MARCH 13th	MARCH 14th	MARCH 15th
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	Tarragon Cream Chicken, Rice Pilaf, Seasonal Vegetables, Seasonal Fruit	# St Patrick's Day Meal: Corned Beef and Cabbage, Boiled Potatoes, Irish Soda Bread, Jell-O w/ Mandarin Oranges
MARCH 18th	MARCH 19th	MARCH 20th	MARCH 21st	MARCH 22nd
Beef Lo Mein w/ Seasonal Asian Vegetables, Seasonal Fruit	Garlic Cheddar Chicken, Smashed Potatoes, Seasonal Vegetables, Cookie	Garden Salad w/ Tuna Salad, Herb Biscuit, Seasonal Fruit	Beef Enchilada Casserole, Seasonal Vegetables, Seasonal Fruit	Pork Ribs, Cucumber Salad, Sweet Potato, Seasonal Fruit
MARCH 25th	MARCH 26th	MARCH 27th	MARCH 28th	MARCH 29th
Layered Meatball Bake, Seasonal Vegetables, Seasonal Fruit	Baked Chicken Parmesan, Sweet Potato, Seasonal Vegetables, Seasonal Fruit	Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Stuffed Bell Pepper (Rice and Beef), Coleslaw, Seasonal Fruit	Chicken Alfredo w/ Seasonal Vegetables, Seasonal Fruit