

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 **MAY, 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
		MAY 1st	MAY 2nd	MAY 3rd
		Garden Salad w/ Tuna Salad, Herb Biscuit, Seasonal Fruit	Pork Ribs, Cucumber Salad, Sweet Potato, Seasonal Fruit	Beef Enchilada Casserole, Seasonal Vegetables, Seasonal Fruit
MAY 6th	MAY 7th	MAY 8th	MAY 9th	MAY 10th
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
MAY 13th	MAY 14th	MAY 15th	MAY 16th	MAY 17th
Low Sodium Hot Dogs, Black Beans, Seasonal Vegetables, Seasonal Fruit	Salisbury Steak w/Gravy, Red Potatoes, Seasonal Vegetables, Seasonal Fruit	Chicken Florentine w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Pork Tacos, Refried Beans, Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Potato Wedges, Coleslaw, Fruit Cobbler w /Ice Cream
MAY 20th	MAY 21st	MAY 22nd	MAY 23rd	MAY 24th
Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit	Orange Maple Glazed Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Green Salad w/ Chicken Salad, Cheesy Biscuit, Seasonal Fruit	Meatloaf (Beef), Seasonal Vegetables, Seasonal Fruit	Turkey w/ Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit
MAY 27th	MAY 28th	MAY 29th	MAY 30th	MAY 31st
NO SERVICE HOLIDAY	Hamburger w/ Lettuce, Tomato and Grilled Onions, Potato Salad, Seasonal Fruit	Pot Roast, Mashed Potatoes, Seasonal Vegetables. Seasonal Fruit	Baked Ziti w/ Four Cheeses, Seasonal Vegetables, Seasonal Fruit	Lemon and Dill Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit