

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

Open Heart Kitchen Senior Menu **OCTOBER, 2020**

For Reservations Call:
(925) 500-8241

Dublin, Livermore, and Pleasanton

* = Vitamin A Source
+ = Vitamin C Source
= High Salt
@ = Spicy
** = Menu has changed since first print

SUGGESTED DONATION: \$3
Donate online: donate.openheartkitchen.org/seniormeal
Donate by mail: 1141 Catalina Dr. #137, Livermore, Ca. 94550

openheartkitchen.org
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1% Milk served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			OCT 1st	OCT 2nd
			Turkey w/ Herb Gravy, Sweet Potatoes, Seasoned Broccoli, Wheat Roll	Ham w/ Cranberry-Pineapple Sauce, Texas Ranger Baked Beans, Cauliflower & Peas, Wheat Roll, Seasonal Fruit
OCT 5th	OCT 6th	OCT 7th	OCT 8th	OCT 9th
Antipasto Salad (Tomato, Cucumber, Cheese, Salami, Olives, Bell Pepper), Wheat Roll, Seasonal Fruit	BBQ Chicken, Baked Beans, Seasonal Vegetables, Wheat Roll, Seasonal Fruit	Pork Carnitas, Arroz Rojo (red rice), Seasonal Vegetables, Seasonal Fruit, Wheat Roll	Brown Sugar Baked Chicken, Classic Rice, Seasonal Vegetables, Wheat Roll, Seasonal Fruit	Zesty Lasagna, Italian Green Beans, Wheat Roll, Seasonal Fruit
OCT 12th	OCT 13th	OCT 14th	OCT 15th	OCT 16th
Vegetable Frittata, Sweet Potato Fries, Seasonal Fruit	Diced Brown Sugar Pork Chop, Green Beans, Wheat Roll, Seasonal Fruit	Chicken Cacciatore Pasta w/ Garlic & Herbs, Broccoli & Cauliflower, Wheat Roll, Seasonal Fruit	Beef Hot Dog, Steak Fries, Seasonal Vegetables, Seasonal Fruit	Chicken Enchilada Casserole, Black Beans, Seasonal Vegetables, Seasonal Fruit
OCT 19th	OCT 20th	OCT 21st	OCT 22nd	OCT 23rd
Beef Pot Roast w/ Mushrooms, Egg Noodles, Seasonal Vegetables, Seasonal Fruit	Ham w/ Cranberry-Pineapple Sauce, Texas Ranger Baked Beans, Cauliflower & Peas, Wheat Roll, Seasonal Fruit	Chicken Caesar Salad, Wheat Roll, Seasonal Fruit	Old Fashioned Meatloaf, Gravy, Herb Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Kung Pao Pork, Seasoned Brown Rice, Seasonal Vegetable, Seasonal Fruit
OCT 26th	OCT 27th	OCT 28th	OCT 29th	OCT 30th
Chicken w/ Rosemary Sauce, Boiled Red Potatoes, Seasoned Peas, Seasonal Fruit	Turkey w/ Herb Gravy, Sweet Potatoes, Seasoned Broccoli, Wheat Roll	Beef Enchilada Casserole, Refried Beans, Seasonal Vegetables, Seasonal Fruit	Creamy Macaroni & Cheese, Seasonal Vegetables, Seasonal Fruit	Zesty Spaghetti, Seasonal Vegetable, Seasonal Fruit