

The Open Heart Kitchen Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Tri-Valley Cities

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



openheartkitchen.org

SUGGESTED DONATION: \$3

Donate online:
donate.openheartkitchen.org/seniormeal

Donate by mailed check:
 Payable to Open Heart Kitchen
 1141 Catalina Dr., #137
 Livermore, CA 94550

Senior Menu **NOVEMBER 2020**

Dublin, Livermore, and Pleasanton

For Reservations Call: **(925) 500-8241**

NOV 2	NOV 3	NOV 4	NOV 5	NOV 6
Kung Pao Pork, Seasoned Brown Rice, Seasonal Vegetable, Seasonal Fruit	Brown Sugar Baked Chicken, Classic Rice, Seasonal Vegetables, Wheat Roll, Seasonal Fruit	Beef Pot Roast with Mushrooms, Egg Noodles, Seasonal Vegetables, Seasonal Fruit	Mandarin Orange Chicken Salad, Wheat Roll, Seasonal Fruit	Three Cheese & Ham Pasta Bake, Seasonal Vegetables, Wheat Roll, Seasonal Fruit
NOV 9	NOV 10	NOV 11	NOV 12	NOV 13
Chicken with Rosemary Sauce, Boiled Red Potatoes, Seasoned Peas, Seasonal Fruit	Creamy Macaroni & Cheese, Seasonal Vegetables, Seasonal Fruit	CLOSED	Brown Sugar Glazed Ham, Texas Ranger Baked Beans, Cauliflower & Broccoli, Wheat Roll, Seasonal Fruit	Spaghetti with Meat Sauce, Italian Green Beans, Whole Wheat Roll, Seasonal Fruit
NOV 16	NOV 17	NOV 18	NOV 19	NOV 20
Cheese Hot Dog, Steak Fries, Seasonal Vegetables, Seasonal Fruit	Vegetable Frittata, Sweet Potato Fries, Seasonal Fruit	BBQ Chicken, Baked Beans, Seasonal Vegetables, Wheat Roll, Seasonal Fruit	Antipasto Salad (Tomato, Cucumber, Cheese, Salami, Olives, Bell Pepper), Wheat Roll, Seasonal Fruit	Chicken Enchilada Casserole, Black Beans, Seasonal Vegetables, Seasonal Fruit
NOV 23	NOV 24	NOV 25	NOV 26	NOV 27
Tuna Salad with Green Salad (Lettuce, Tomato, Carrots, Bell Peppers), Herb Biscuit, Seasonal Fruit	Pork Carnitas, Arroz Rojo (red rice), Seasonal Vegetables, Seasonal Fruit, Wheat Roll	Oven Roasted Turkey, Herb Gravy, Cornbread Stuffing, Broccoli, Wheat Roll, Holiday Dessert	CLOSED	CLOSED
NOV 30				
Chicken Cacciatore Pasta w/ Garlic & Herbs, Broccoli & Cauliflower, Wheat Roll, Seasonal Fruit				