



Menu OCTOBER 2021

Dublin, Livermore, and Pleasanton

To reserve or cancel, please call by 1pm on the business day prior

(925) 500-8241

All Meals Are Served With Seasonal Fruit (+) and 2% Milk

Menu Key
 * Vitamin A Source
 + Vitamin C Source
 # High Salt
 @ Spicy
 NM No Meat, made with vegetable base
 ** Menu has changed since first print

				October 1
				Baked Ham with Cranberry & Pineapple Sauce, Seasoned Potatoes, Cauliflower & Peas, Wheat Roll
October 4	October 5	October 6	October 7	October 8
V - Lentil Stew over Brown Rice, California Blend Vegetables, Wheat Roll	Baked Turkey with Herb Gravy, Classic Stuffing, Seasoned Broccoli, Wheat Roll	Kung Pao Pork, Seasoned Brown Rice, Cauliflower & Broccoli	Chicken with Rosemary Sauce, Seasoned Red Potatoes, Seasoned Carrots	Pot Roast, Mashed Potatoes with Gravy, Broccoli & Carrots
October 11	October 12	October 13	October 14	October 15
V - Tuscan Bean Stew with Tofu, Brown Rice, Broccoli & Red Bell Peppers	BBQ Chicken, Baked Beans, Carrots with Onions, Wheat Roll	Zesty Lasagna (Turkey), Italian Green Beans, Wheat Roll	Chicken Teriyaki, Jasmine Rice, Stir Fried Vegetables	Salisbury Steak with Mushroom Gravy, Garlic Mashed Potatoes, Broccoli & Carrots
October 18	October 19	October 20	October 21	October 22
V - Vegetable Lasagna (Cheese, Mushroom, Spinach, Onion, Bell Pepper) Seasoned Green Beans	Chicken Cacciatore, Garlic & Herb Pasta, Broccoli & Cauliflower	Pork Carnitas, Spanish Rice, Bell Peppers with Onions	Beef Stew, Seasoned Brown Rice, Green Beans	Chicken & Cheese Enchilada with Green Sauce, Baked Beans, Bell Peppers with Onions
October 25	October 26	October 27	October 28	October 29
V - Three Cheese Pasta Bake, Broccoli & Cauliflower	Spaghetti with Meat Sauce (Beef), Green Beans with Onions, Wheat Roll	Brown Sugar Chicken, Seasoned Potatoes, Carrots & Bell Peppers	Three Cheese Ham & Pasta Bake, Seasoned Green Beans	Beef Stroganoff over Pasta, Broccoli & Carrots

SUGGESTED DONATION: \$3 / MEAL
 Donate online:
donate.openheartkitchen.org/seniormeal

Donate by check payable to:
 Open Heart Kitchen
 1141 Catalina Dr #137, Livermore, CA 94550
 Memo: C-1 Meal

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



Menu NOVEMBER 2021

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November 1	November 2	November 3	November 4	November 5
V - Cheese Enchilada Casserole, Refried Beans, Spanish Rice, Carrots with Onions	Chicken Marsala, Roasted Potatoes, Broccoli	Homestyle Meatloaf, Mashed Potatoes with Gravy, Carrots and Cauliflower	Szechuan Pork, Fluffy Brown Rice, Normandy Vegetable Blend	Chicken and Zucchini Alfredo Over Pasta, Broccoli and Cauliflower
November 8	November 9	November 10	November 11	November 12
V - Tuscan Bean Stew with Tofu, Brown Rice, Broccoli and Red Bell Peppers, Wheat Roll	Baked Ham with Cranberry-Pineapple Sauce, Seasoned Potatoes, Peas and Carrots, Wheat Roll	Bell Pepper Casserole (Ground Beef) with Rice, Normandy Vegetable Blend	CLOSED	Spaghetti with Zesty Meat Sauce (Turkey), Italian Green Beans with Onions
November 15	November 16	November 17	November 18	November 19
V - Chile Relleno Casserole, Black Beans, Spanish Rice, Seasonal Vegetables	Beef Stew, Seasoned Green Beans, Wheat Roll	Chicken Jambalaya, Classic Rice, Broccoli and Cauliflower	Pacific Rim Pork Roast, Red Beans and Rice, Seasoned Carrots	Turkey Baked Ziti, Seasoned Carrots and Broccoli
November 22	November 23	November 24	November 25	November 26
V - 3 Bean Chilli, Cornbread, Mixed Vegetables	Chicken Teriyaki Over Rice, Stir Fry Vegetables	Roasted Turkey with Cranberry Sauce, Old Fashioned Stuffing, Green Bean Casserole, Wheat Roll, Holiday Dessert	CLOSED	CLOSED
November 29	November 30			
V - Gerardo's Santa Fe Macaroni and Cheese, Seasoned Broccoli	Italian Style Roast Beef, Mashed Potatoes, Capri Vegetable Blend, Wheat Roll			

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Menu DECEMBER 2021

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	December 1	December 2	December 3
	BBQ Chicken, Baked Beans, Seasoned Green Beans, Wheat Roll	Zesty Lasagna (Ground Turkey), Italian Green Beans, Wheat Roll	Pork Roast with Mushroom Gravy, Classic Rice, Capri Vegetable Blend
December 6	December 7	December 8	December 9
V - Cheese Enchilada Casserole, Refried Beans, Spanish Rice, Carrots with Onions	Chicken Stew with Potatoes, Seasonal Vegetables	Homestyle Meatloaf, Mashed Potatoes with Gravy, Carrots and Cauliflower	Three Cheese Ham Pasta Bake, Seasoned Green Beans
			December 10
			Dave's Pulled Pork, Cornbread, Green Beans with Bacon
December 13	December 14	December 15	December 16
V - Lentil Stew Over Brown Rice, California Vegetable Blend, Wheat Roll	Chicken Cacciatore, Garlic and Herb pasta, Broccoli and Cauliflower	Italian Style Roast Beef, Mashed Potatoes, Green Beans	Turkey Baked Ziti, Seasoned Carrots and Broccoli
			December 17
			# Beef Hot Dog with Cheese, Tater Tots, Peas and Carrots
December 20	December 21	December 22	December 23
V - Vegetable Lasagna (Cheese, Mushroom, Spinach, Onion), Italian Green Beans	Chicken Teriyaki, Jasmine Rice, Stir Fry Vegetables	Swiss Steak with Tomato Gravy, Potato Medley, Broccoli, Wheat Roll	Baked Ham with Cranberry-Pineapple Sauce, Seasoned Potatoes, Seasonal Vegetables
			December 24
			CLOSED
December 27	December 28	December 29	December 30
V - Gerardo's Santa Fe Macaroni and Cheese, Seasoned Broccoli	Szechuan Pork, Fried Rice, Stir Fry Vegetables	Brown Sugar Chicken, Seasoned Potatoes, Carrots with Onions, Wheat Roll	Pot Roast, Mashed Potatoes with Gravy, Broccoli and Carrots
			December 31
			CLOSED
DUBLIN & PLEASANTON Centers Closed. (Livermore Center & Ridgeview Commons open)	DUBLIN Center Closed. (Pleasanton Center, Livermore Center & Ridgeview Commons open)	DUBLIN Center Closed. (Pleasanton Center, Livermore Center & Ridgeview Commons open)	DUBLIN Center Closed. (Pleasanton Center, Livermore Center & Ridgeview Commons open)

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