



Menu NOVEMBER 2021

Dublin, Livermore, and Pleasanton
 To reserve or cancel, please call by 1pm on the business day prior
(925) 500-8241

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

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

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			

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 DECEMBER 2021

Dublin, Livermore, and Pleasanton
 To reserve or cancel, please call by 1pm on the business day prior

(925) 500-8241

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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	December 10
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	Dave's Pulled Pork, Cornbread, Green Beans with Bacon
December 13	December 14	December 15	December 16	December 17
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 <small>Reservations for the December 23 Holiday meal must be made by December 16. Space is limited, reservations may run out before December 16.</small>	# Beef Hot Dog with Cheese, Tater Tots, Peas and Carrots
December 20	December 21	December 22	December 23	December 24
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	CLOSED
December 27	December 28	December 29	December 30	December 31
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	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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