



Menu MAY 2022

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
 V No Meat, made with vegetable base
 ** Menu has changed since first print

May 2		May 3		May 4		May 5		May 6	
V+ Santa Fe Macaroni and Cheese, Broccoli and Carrots, Wheat Roll		+ BBQ Chicken, Seasoned Potatoes, Peas and Carrots		Szechuan Pork, Fried Rice, Stir Fried Vegetables		+ Beef Enchiladas, Refried Beans, Carrots with Bell Peppers		Zesty Lasagna (Turkey), Italian Green Beans, Wheat Roll	
May 9		May 10		May 11		May 12		May 13	
V+ 3 Bean Chilli, Cornbread with Green Chilies, Green Beans		+ Turkey Tetrizzini and Creamy Spaghetti, Capri Blend Vegetables		Chicken Cacciatore, Penne Pasta, Green Beans with Bell Peppers		+ Chef's Salad (Turkey, Ham, Cheese, Tomato, Carrot, Dressing), Wheat Roll		Beef Stroganoff with Fettuccine Pasta, Capri Blend Vegetables	
May 16		May 17		May 18		May 19		May 20	
V+ Cheese Enchilada (Green Sauce), Black Beans, Spanish Rice, Carrots and Bell Peppers		Spaghetti with Zesty Meat Sauce (Turkey), Italian Green Beans		BBQ Pulled Pork, Sweet Potato Fries, Green Beans with Bacon		*+ Brown Sugar Chicken, White Rice, Carrots with Onion and Bell Pepper		Beef Pot Roast, Garlic Mashed Potatoes with Gravy, Capri Blend Vegetables	
May 23		May 24		May 25		May 26		May 27	
V+ Lentil Stew, Brown Rice, Normandi Blend Vegetables, Wheat Roll		+ Herb Roasted Chicken, Roasted Potatoes, California Blend Vegetables		+ Pork Chile Colorado with Red Sauce, Cilantro Rice, Normandy Blend Vegetables		+ Mediterranean Herb Pasta Salad with Chicken (Feta Cheese, Bell Pepper, Tomato, Olives, Red Onion), Wheat Roll		+ Beef Teriyaki, Fried Rice, Stir Fried Vegetables	
May 30		May 31							
CLOSED		+ Beef Hot Dog, French Fries, Peas and 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