



Menu AUGUST 2022

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

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

August 1		August 2		August 3		August 4		August 5	
V+ Tuscan Bean Stew with Tofu, Brown Rice, Normandy Blend Vegetables		+ Baked Chicken Cordon Bleu, Herb Mashed Potatoes, Carrots with Broccoli		+ Shepherd's Pie, Capri Blend Vegetables,		*+ Chinese Chicken Salad, Wheat Roll		+ Beef Teriyaki, Vegetable Fried Rice, Stir Fry Vegetables	
PLEASANTON Center Closed. (Dublin Center, Livermore Center & Ridgeview Commons open)		PLEASANTON Center Closed. (Dublin Center, Livermore Center & Ridgeview Commons open)		PLEASANTON Center Closed. (Dublin Center, Livermore Center & Ridgeview Commons open)		PLEASANTON Center Closed. (Dublin Center, Livermore Center & Ridgeview Commons open)		PLEASANTON Center Closed. (Dublin Center, Livermore Center & Ridgeview Commons open)	
August 8		August 9		August 10		August 11		August 12	
V*+ Green Chile Cheese Square Topped with Chunky Salsa and Sour Cream, Carrots with Onions, Wheat Roll		*+ Zesty Lasagna (Turkey), Green Beans with Carrots		+ Chicken Jambalaya with Rice, Normandy Blend Vegetables		+ Pork Chile Colorado, White Rice, Normandy Blend Vegetables		*+ BBQ Beef, Mashed Sweet Potatoes, Green Beans with Onions	
August 15		August 16		August 17		August 18		August 19	
V Lentil Stew, Brown Rice, Capri Blend Vegetables		+ Brown Sugar Chicken, Herb Roasted Potatoes, Normandy Blend Vegetables		Szechuan Pork, Fried Rice, Stir Fry Vegetables		+ Pasta Salad with Hard Boiled Egg (Celery, Onion, Bell Pepper, Mayonnaise, Mustard), Wheat Roll		+ Baked Ziti (Turkey), Italian Green Beans	
August 22		August 23		August 24		August 25		August 26	
V*+ Santa Fe Mac and Cheese, Carrots with Onions, Wheat Roll		*+ Roast Beef, Herb Mashed Potatoes with Gravy, Broccoli with Carrots		* Baked Chicken with Mushroom Sauce, Creamy Pasta, Capri Blend Vegetables		+ Chef's Salad with Turkey and Ham (Carrot, Tomato, Cheese), Wheat Roll		+ Roasted Turkey ,Bread dressing,seasoned peas and carrots	
August 29		August 30		August 31					
V* Cheese Pasta Bake with Basil Pesto and Spinach, Broccoli with Carrots, Wheat Roll		+ Beef Taco Casserole with Cheese, Black Beans, Carrots with Bell Peppers		+ White Chili with Chicken, Green Beans, Cornbread					

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 SEPTEMBER 2022

Dublin, Livermore, and Pleasanton

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September 1		September 2		
+ Pork Carnitas, Spanish Rice, Carrots with Bell Peppers and Onions		+ Zesty Lasagna (Turkey), Italian Green Beans		
September 5	September 6	September 7	September 8	September 9
Closed	+ Baked Ham with Pineapple Sauce, Roasted Potatoes, Normandy Blend Vegetables	Chicken Piccata, Garlic Mashed Potatoes, Italian Green Beans	+ Rigatoni with Meat Sauce (Turkey), Normandy Blend Vegetables	+ Salisbury Steak with Onions, Roasted Potatoes, Carrots with Broccoli
September 12	September 13	September 14	September 15	September 16
V*+ Green Chile Cheese Square Topped with Chunky Salsa and Sour Cream, Carrots with Onions, Wheat Roll	+ Baked Pork Chop with Honey Glaze, Rice Pilaf, Normandy Blend Vegetables	+ Baked Ziti with Turkey, Italian Green Beans, Wheat Roll	+ Old Fashioned Meatloaf, Herb Mashed Potatoes with Gravy, Peas and Carrots	*+ Chicken Enchilada with Green Sauce, Black Beans, Carrots with Bell Peppers
September 19	September 20	September 21	September 22	September 23
V*+ Santa Fe Mac and Cheese, Normandy Blend Vegetables, Wheat Roll	*+ BBQ Chicken, Sweet Potato Fries, Carrots with Onions	*+ Shepherd's Pie, Carrots with Broccoli	Szechuan Pork, Fried Rice, Stir Fry Vegetables	+ Roasted Turkey with Gravy, Bread Dressing (aka "Stuffing"), Carrots with Broccoli
September 26	September 27	September 28	September 29	September 30
V Lentil Stew, Brown Rice, Capri Blend Vegetables, Wheat Roll	+ Swedish Meatballs (Turkey), Creamy Pasta, Normandy Blend Vegetables	Pork Chile Colorado, Baked Beans, Carrots with Onions	+ Beef Teriyaki, Fried Rice, Stir Fry Vegetables	+ White Chili with Chicken, Green Beans, Cornbread

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