



Menu SEPTEMBER 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

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

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 **OCTOBER** 2022

Dublin, Livermore, and Pleasanton

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October 3	October 4	October 5	October 6	October 7
V+ Tuscan tofu and bean stew served with brown rice, carrots, and broccoli	+Swedish meatballs (turkey) served with butter herb pasta, carrots, and zucchini	Creamy herb chicken served with garlic rice and seasoned peas	+ Smothered pork chops served with black beans and herbed green bean	*+ Spaghetti with beef sauce served with Italian green beans
October 10	October 11	October 12	October 13	October 14
CLOSED	Ham topped with raisin sauce served with mashed potatoes and green beans	+ Roasted turkey served with with gravy, bread stuffing, and Normandy blend vegetables	+ Herb and spice roasted beef with gravy served with mashed potatoes and Normandy blend vegetables	+ Tahitian chicken served with rice, carrots, and broccoli
October 17	October 18	October 19	October 20	October 21
V*+ Green chile cheese square topped with chunky salsa and sour cream served with black beans, carrots, and onions	+ Oregano chicken served with roasted potatoes, carrots, and zucchini	+ Pork Ragout served with herb pasta and lemon basil green beans	+ Tuna salad on lettuce served with a wheat roll	Old fashioned meatloaf served with herb mashed potatoes and Normandy blend vegetables
October 24	October 25	October 26	October 27	October 28
V Lentil stew served with brown rice and Capri blend vegetables	+ Beef taco casserole served with black beans, carrots, and onions	+# Baked chicken cordon bleu served with white rice, peas, and onions	+ Sweet stuffed bell pepper casserole (turkey) served with carrots and broccoli	+ Pork carnitas served with green rice, carrots, and bell peppers
October 31	<p>SUGGESTED DONATION: \$3 / MEAL Donate online: donate.openheartkitchen.org/seniormeal</p> <p>Donate by check payable to: Open Heart Kitchen 1141 Catalina Dr #137, Livermore, CA 94550 Memo: C-1 Meal</p> <p>The Open Heart Kitchen Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Tri-Valley Cities</p>			
V*+ Vegetable lasagna served with peas, carrots, and a wheat roll				