



# Menu JANUARY 2023

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 (≥ 840 mgs)  
 + Vitamin C Source (≥ 90 mgs)  
 # High Salt (≥ 1,000 mgs)  
 @ Spicy  
 V No Meat, made with vegetable base  
 \*\* Menu has changed since first print

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

January 2	January 3	January 4	January 5	January 6
<b>CLOSED</b>	**+ Chicken and Cheese Enchilada with Green Sauce, Spanish Rice, Carrots with Bell Peppers and Onions <small>DUBLIN Center Closed. (Pleasanton Center, Livermore Center &amp; Ridgeview Commons open)</small>	+ Chicken Jambalaya with Rice, California Blend Vegetables <small>DUBLIN Center Closed. (Pleasanton Center, Livermore Center &amp; Ridgeview Commons open)</small>	+ Beef Stroganoff, Herb Pasta, Green Beans with Onions and Bell Peppers, Wheat Roll <small>DUBLIN Center Closed. (Pleasanton Center, Livermore Center &amp; Ridgeview Commons open)</small>	+ Baked Turkey with Herb Gravy, Mashed Potatoes, Carrots and Green Beans <small>DUBLIN Center Closed. (Pleasanton Center, Livermore Center &amp; Ridgeview Commons open)</small>
January 9	January 10	January 11	January 12	January 13
V+ Tuscan Bean Stew with Tofu, Brown Rice, Cauliflower with Bell Peppers and Red Onions	*+ BBQ Chicken, Sweet Potato Fries, Peas and Carrots	Pot Roast with Gravy, Garlic Mashed Potatoes, Seasonal Vegetables	+ Three Cheese Ham Pasta Bake, Green Beans, Garlic Herb Biscuit	+ Swedish Meatballs, Herb Pasta, Peas and Carrots
January 16	January 17	January 18	January 19	January 20
<b>CLOSED</b>	+ Beef Hot Dogs, Seasoned Diced Potatoes, Peas and Carrots	Spaghetti with Zesty Meat Sauce (Turkey), Italian Green Beans with Onions	**Baked Ham with Cranberry Pineapple Sauce, Garlic Mashed Potatoes, Seasonal Vegetables, Wheat Roll	+ Shepherd's Pie, Seasonal Vegetables, Wheat Roll
January 23	January 24	January 25	January 26	January 27
V* Vegetable Frittata (Red Onion, Bell Pepper, Zucchini, Spinach, Cheese), Carrots and Broccoli, Wheat Roll	+ Turkey Baked Ziti, Italian Green Beans	Italian Style Beef, Mashed Potatoes, Seasonal Vegetables, Wheat Roll	*+ Pork Carnitas, Spanish Rice, Carrots with Bell Peppers and Onions	Parmesan Chicken, Spaghetti, Green Beans with Onions
January 30	January 31			
V*+# Gerardo's Santa Fe Mac and Cheese, Peas and Carrots with Bell Pepper, Wheat Roll	Pork Chile Colorado, Baked Beans, Carrots with Onions			

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

**SUGGESTED DONATION: \$3 / MEAL**

Donate online: [donate.openheartkitchen.org/seniormeal](https://donate.openheartkitchen.org/seniormeal)

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