



Menu SEPTEMBER 2021

Dublin, Livermore, and Pleasanton

For Reservations Call: **(925) 500-8241**

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

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

	September 1	September 2	September 3
	Jamaican Jerk Chicken, Sofrito Rice, Seasoned Broccoli	Baked Ham with Glaze, Garlic Herb Mashed Potatoes, Green Beans, Wheat Roll	# Cheese Hot Dog (Beef) with Wheat Bun, Baked Beans, Mixed Vegetables
September 6	September 7	September 8	September 9
CLOSED	Chicken Teriyaki, Jasmine Rice, Stir Fry Vegetables	Pork Carnitas, Arroz Rojo (Red Rice), Seasonal Vegetables	Mediterranean Pasta Salad with Chicken (Tomato, Red Onion, Cucumber, Cheese, Olive, Chickpea)
September 10	September 11	September 12	September 13
			CLOSED
September 13	September 14	September 15	September 16
V - Red Beans & Cajun Country Rice, Cabbage, Cornbread	Chicken Jambalaya, Classic Rice, Green Beans with Red Bell Peppers	Old Fashioned Meatloaf, Mashed Potatoes, Seasoned Peas, Wheat Roll	Baked Ziti with Ground Turkey, Carrots with Broccoli
September 17	September 18	September 19	September 20
September 20	September 21	September 22	September 23
V - Baked Creamy Pesto Pasta with Cheese and Spinach, Broccoli with Carrots, Wheat Roll	Spaghetti with Meat Sauce (Beef), Italian Green Beans, Wheat Roll	Kung Pao Pork, Seasoned Brown Rice, Seasonal Vegetable	Mandarin Chicken Salad (Red Bell Pepper, Mandarin Orange), Wheat Roll
September 24	September 25	September 26	September 27
September 27	September 28	September 29	September 30
V - Cheese Enchilada Casserole, Vegetarian Refried Beans, Spanish Rice, Sautéed Carrots and Onions	Oven BBQ Beef, Garlic Mashed Potatoes, Green Beans, Wheat Roll	Salisbury Steak with Mushrooms and Onions, Seasoned Diced Potatoes, Broccoli, Wheat Roll	Oven Fried Chicken, French Fries, Broccoli, 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