

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

* = Vitamin A Source
 + = Vitamin C Source
 # = High Salt
 @ = Spicy

Milk served daily

** = Menu has changed since first print



Senior Menu **JANUARY 2021**

Dublin, Livermore, and Pleasanton

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

openheartkitchen.org

SUGGESTED DONATION: \$3 / meal

Donate online:
donate.openheartkitchen.org/seniormeal

Donate by mailed check:
 Payable to Open Heart Kitchen
 1141 Catalina Dr., #137
 Livermore, CA 94550

JAN 4	JAN 5	JAN 6	JAN 7	JAN 8
Chicken Adobo, Seasoned Brown Rice, Seasonal Vegetable, Seasonal Fruit, Milk	Spaghetti with Meat Sauce, Italian Green Beans, Whole Wheat Roll, Seasonal Fruit, Milk	Maple Glazed Pork, Diced Potatoes, Broccoli, Wheat Roll, Seasonal Fruit, Milk	Vegetarian Chef Salad with Green Salad (Lettuce, Tomato, Carrots, Cucumbers, Cheese, Boiled Eggs), Wheat Roll, Seasonal Fruit, Milk	Sweet Dijon Chicken, Savory Mushroom Brown Rice, Seasoned Carrots, Seasonal Fruit, Milk
JAN 11	JAN 12	JAN 13	JAN 14	JAN 15
Beef Stew, Biscuit, Sage Seasoned Vegetables, Seasonal Fruit, Milk	Turkey Tetrazzini, Green Beans & Carrots, Wheat Roll, Seasonal Fruit, Milk	Cheese Dog, French Fries, Seasonal Vegetables, Seasonal Fruit, Milk	Vegetable Lasagna, Seasoned Carrots, Seasonal Fruit, Milk	Stuffed Bell Pepper Casserole, Mixed Vegetables, Wheat Roll, Seasonal Fruit, Milk
JAN 18	JAN 19	JAN 20	JAN 21	JAN 22
CLOSED	Baked Turkey Ziti, Broccoli, Whole Wheat Roll, Seasonal Fruit, Milk	Chicken Caesar Salad, Wheat Roll, Seasonal Fruit, Milk	Cheese Enchilada Casserole, Refried Beans, Mexicali Rice, Sauteed Bell peppers & onions, Seasonal Fruit, Milk	Shepherd's Pie, Broccoli & Califlower, Seasonal Fruit, Milk
JAN 25	JAN 26	JAN 27	JAN 28	JAN 29
Oven Roasted Turkey, Herb Gravy, Mashed Potatoes, California Blend Vegetables, Seasonal Fruit, Wheat Roll, Milk	Old Fashioned Meatloaf, Creamy Mashed Potatoes, Seasoned Peas, Wheat Roll, Seasonal Fruit, Milk	Chicken Jambalaya, Seasoned Green Beans, Wheat Roll, Seasonal Fruit, Milk	Kung Pao Pork, Seasoned Brown Rice, Seasonal Vegetable, Seasonal Fruit, Milk	3 Bean Chili, Cornbread, Seasonal Vegetables, Seasonal Fruit, Milk