

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

NM = NO MEAT

No meat meals are made with a vegetable base

\*\* = Menu has changed since first print



## Senior Menu **JUNE** 2021

Dublin, Livermore, and Pleasanton

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

**openheartkitchen.org**

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

Donate online:

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

Donate by mailed check:

*Payable to Open Heart Kitchen*

1141 Catalina Dr., #137

Livermore, CA 94550

	JUNE 1	JUNE 2	JUNE 3	JUNE 4
	NM - Lentil Curry over Brown Rice, California Blend Vegetables, Wheat Roll, Seasonal Fruit (+) Milk	Chicken Cacciatore, Garlic & Herb Egg Noodles, Mixed Vegetables, Wheat Roll, Seasonal Fruit (+), Milk	OHK House Salad (Lettuce, Tomatoes, Carrots, Cucumbers, Cheese, Boiled Eggs), Wheat Roll, Seasonal Fruit (+), Milk	Brown Sugar Glazed Ham Steak, Potato Medley, Seasoned Cauliflower & Carrots, Wheat Roll, Seasonal Fruit (+), Milk
JUNE 7	JUNE 8	JUNE 9	JUNE 10	JUNE 11
NM - Gerardo's Sante Fe Macaroni & Cheese (NO MEAT), Seasoned Broccoli, Seasonal Fruit (+), Milk	Brown Sugar Chicken, Mashed Potatoes, Green Beans, Wheat Roll, Seasonal Fruit (+), Milk	Szechuan Pork, Vegetable Stir Fried Rice, Stir Fried Vegetables, Seasonal Fruit (+), Milk	Oven BBQ Beef, Garlic Potatoes, Green Beans, Wheat Roll, Seasonal Fruit (+), Milk	Oven Roasted Turkey, Cornbread Dressing, Seasonal Vegetables, Seasonal Fruit(+), Wheat Roll, Milk
JUNE 14	JUNE 15	JUNE 16	JUNE 17	JUNE 18
NM - Vegetable Lasagna (cheese, mushrooms, spinach, onions (NO MEAT), Normandy Blend Vegetables, Seasonal Fruit (+), Milk	Turkey with Alfredo Sauce, Parsley & Herb Penne, Dill Carrots, Wheat Roll, Seasonal Fruit (+), Milk	Chicken Creole, Fluffy Brown Rice, Green Beans, Wheat Roll, Seasonal Fruit(+), Milk	Pork Roast, Garlic Parmesan Red Potatoes, Seasoned Carrots, Wheat Roll, Seasonal Fruit (+), Milk	Old Fashioned Meatloaf, Garlic Mashed Potatoes, Seasoned Peas, Wheat Roll, Seasonal Fruit(+), Milk
JUNE 21	JUNE 22	JUNE 23	JUNE 24	JUNE 25
NM - Red Beans & Cajun Country Rice, Cabbage, Cornbread, Seasonal Fruit(+), Milk, Holiday Dessert	3 Bean Chili with Ground Turkey, Cornbread, Mixed veggie, Seasonal Fruit (+), Milk	Stuffed Bell Pepper Casserole, Mixed Vegetables, Wheat Roll, Seasonal Fruit, Milk	Mandarin Chicken Salad, Wheat Roll, Seasonal Fruit (+), Milk (lettuce & cabbage, chicken, red bell peppers, mandarin oranges)	NO PORK Swedish Meatballs, Penne w/Garlic & Herbs, Mixed Seasonal Vegetables, Seasonal Fruit (+), Milk
JUNE 28	JUNE 29	JUNE 30		
NM - Cheese Enchilada Casserole, Vegetarian Refried Beans, Spanish Rice, Sautéed Carrots & onions, Seasonal Fruit (+), Milk	Chicken Teriyaki, Jasmine Rice, Stir Fry Vegetables, Seasonal Fruit(+), Milk	Chili Cheese Dog (Beef), French Fries, Peas & Carrots, Seasonal Fruit(+), Milk		

\*\*\* Curbside walk-up or drive-thru pick up only. **ALL DINERS MUST WEAR A MASK, THANK YOU** \*\*\*