

OHK Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Tri-Valley Cities		Open Heart Kitchen Senior Menu NOVEMBER 2020					For Reservations Call:		
							(925) 500-8241		
		Dublin, Livermore, and Pleasanton					openheartkitchen.org		
* = Vitamin A Source									
+ = Vitamin C Source									
# = High Salt		<i>SUGGESTED DONATION: \$3</i>					openheartkitchen.org/senior-meals		
@ = Spicy		<u>Donate online: donate.openheartkitchen.org/seniormeal</u>							
** = Menu has changed since first print		Donate by mail: 1141 Catalina Dr. #137, Livermore, Ca. 94550					1% Milk served daily		
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
NOV 1		NOV 2		NOV 3		NOV 4		NOV 5	
Kung Pao Pork Seasoned Brown Rice Seasonal Vegetable Seasonal Fruit		Brown Sugar Baked Chicken Classic Rice Seasonal Vegetables Wheat Roll Seasonal Fruit		Beef Pot Roast with Mushrooms Egg Noodles Seasonal Vegetables Seasonal Fruit		Chicken Caesar Salad Wheat Roll Seasonal Fruit		Three Cheese & Ham Pasta Bake Seasonal Vegetables Wheat Roll Seasonal Fruit	
NOV 9		NOV 10		NOV 11		NOV 12		NOV 13	
Chicken with Rosemary Sauce Boiled Red Potatoes Seasoned Peas Seasonal Fruit		Creamy Macaroni & Cheese Seasonal Vegetables Seasonal Fruit		CLOSED		Brown Sugar Glazed Ham Sauce Texas Ranger Baked Beans Cauliflower & Broccoli Wheat Roll Seasonal Fruit		Zesty Spaghetti Seasonal Vegetable Seasonal Fruit	
NOV 16		NOV 17		NOV 18		NOV 19		NOV 20	
Cheese Dog Steak Fries Seasonal Vegetables Seasonal Fruit		Vegetable Frittata Sweet Potato Fries Seasonal Fruit		BBQ Chicken Baked Beans Seasonal Vegetables Wheat Roll Seasonal Fruit		Anti-Pasta Salad (Tomato, Cucumber, Cheese, Salami, Olives, Bell Pepper) Wheat Roll Seasonal Fruit		Chicken Enchilada Caserole Black Beans Seasonal Vegetables Seasonal Fruit	
NOV 23		NOV 24		NOV 25		NOV 26		NOV 27	
Beef Pot Roast with Mushrooms Egg Noodles Seasonal Vegetables Seasonal Fruit		Pork Carnitas Arroz Rojo (red rice) Seasonal Vegetables Seasonal Fruit Wheat Roll		Turkey with Herb Gravy Cornbread Stuffing Green Bean Casserole Wheat Roll Pumpkin Spice Cookie		CLOSED		CLOSED	
NOV 30									
Chicken Cacciatore Pasta w/ Garlic & Herbs Broccoli & Cauliflower Wheat Roll Seasonal Fruit									