

OHK Senior Meal Program is funded, in part, by the Alameda County Area on Aging and the City of Pleasanton



Sage Cafe November 2017

A partnership between the City of Pleasanton and Open Heart Kitchen

Pleasanton Senior Center
5353 Sunol Blvd.
Pleasanton, CA 94566

Lunch served from 11:45 to 12:45, Monday thru Friday.
Soup, Whole Grain Breads, butter pat & 1% milk served daily
RESERVATIONS REQUIRED TO GUARANTEE A MEAL
CALL ONE DAY IN ADVANCE BEFORE 2:00 P.M. (925)931-5363

DOORS OPEN
11:30AM-1:00PM
SUGGESTED DONATION - \$3.00

Key:	
Vitamin A Source	*
Vitamin C Source	+
High Salt	#
Spicy	@

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		NOVEMBER 1st	NOVEMBER 2nd	NOVEMBER 3rd
"To-Go-Policy Meals" You must be pre-qualified. You must call one day in advance to order. Please call (925)931-5363		Lemon Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit	Cheeseburger w/ Lettuce, Tomato and Grilled Onions, Potato Salad, Seasonal Fruit	Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit
NOVEMBER 6th	NOVEMBER 7th	NOVEMBER 8th	NOVEMBER 9th	NOVEMBER 10th
Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Cucumber Salad, Smashed Potatoes, Seasonal Fruit	Cabbage Bake (Beef), Seasonal Vegetables, Seasonal Fruit	Chef Salad w/ Chicken, Egg and Cheese*+, Corn Bread, Seasonal Fruit	NO SERVICE HOLIDAY
NOVEMBER 13th	NOVEMBER 14th	NOVEMBER 15th	NOVEMBER 16th	NOVEMBER 17th
Chicken Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Spinach Lasagna, Whole Grain Garlic Bread, Seasonal Fruit	Salisbury Steak w/ Gravy, Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Name That Tune w/ Vicky Pork Ribs, Sweet Potato Fries, Seasonal Vegetables, Seasonal Fruit	Honey Mustard Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit
NOVEMBER 20th	NOVEMBER 21st	NOVEMBER 22nd	NOVEMBER 23rd	NOVEMBER 24th
French Dip Au Jus w/ Whole Grain Roll, Seasonal Vegetables, Seasonal Fruit	Chicken Alfredo, Seasonal Vegetables, Seasonal Fruit	<i>Thanksgiving Luncheon</i> Roasted Turkey, Mashed Sweet Potatoes, Green Bean Casserole, Pumpkin Pie w/ Whipped Cream RESERVATIONS REQUIRED	NO SERVICE HOLIDAY	NO SERVICE HOLIDAY
NOVEMBER 27th	NOVEMBER 28th	NOVEMBER 29th	NOVEMBER 30th	
Garden Salad w/ Tuna Salad, Herb Biscuit, Seasonal Fruit	Stuffed Bell Peppers (Beef and Rice), Coleslaw, Seasonal Fruit	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Birthday Celebration Turkey and Dumplings w/ Carrots, Peas and Celery, Seasonal Fruit	