

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



# Sage Cafe October 2018

Pleasanton Senior Center  
5353 Sunol Blvd.  
Pleasanton, CA 94566

**Key:**

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



A partnership between the City of Pleasanton and Open Heart Kitchen

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCTOBER 1	OCTOBER 2	OCTOBER 3	OCTOBER 4	OCTOBER 5
Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	#Reuben Casserole, Seasonal Vegetables, Seasonal Fruit	Rosemary Pork Roast, Mashed Potatoes w/Gravy, Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Baked Beans, Seasonal Vegetables, Whole Grain Roll, Seasonal Fruit	Garden Salad w/Tuna Salad*+, Conrbread, Seasaonal Fruit 
OCTOBER 8	OCTOBER 9	OCTOBER 10	OCTOBER 11	OCTOBER 12
VIP Spaghetti w/ Meat Sauce, Sesaonal Vegetables, Seasonal Fruit 	Balsamic Chicken over Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Shepard's Pie, Seasonal Vegetables, Seasonal Fruit	Pasta Primavera(Ham), Peas and Broccoli, Herb Roasted Tomatoes, Seasonal Fruit	Orange Maple Glazed Chicken, Sweet Potatoes, Seasonal Vegetables, Seasonal Fruit
OCTOBER 15	OCTOBER 16	OCTOBER 17	OCTOBER 18	OCTOBER 19
Pork Tacos, Refried Beans, Seasonal Vegetable, Seasonal Fruit	Roast Beef w/Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit	Chickon Pot Pie w/Seasonal Vegetables, Ice-Cream w/ Fruit	<b>Name That Tune w/Vicky</b> Stuffed Bell Peppers (Beef and Rice), Coleslaw, Seasonal Fruit 	Vegetable Frittata, Herb Smashed Potatoes, Seasonal Fruit 
OCTOBER 22	OCTOBER 23	OCTOBER 24	OCTOBER 25	OCTOBER 26
VIP Beef Enchilada Casserole, Seasonal Vegetables, Seasonal Fruit 	Indian Butter Chicken w/Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Low Sodium Beeg Hot Dogs w/Sauerkraut, Black Beans, Seasonal Vegetables, Seasonal Fruit	Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit 	<b>Birthday Celebration</b> Oven Baked Ham, Red Potatoes, Seasonal Vegetables, Seasonal Fruit 
OCTOBER 29	OCTOBER 30	OCTOBER 31		
Chicken Alfredo w/ Broccoli, Whole Grain Roll, Seasonal Fruit	Pork Ribs, Potatoe Wedges, Seasonal Vegetables, Seasonal Fruit	<b>Halloween Costume Contest</b> Beef Lasagna, Seasonal Vegetables, Seasonal Fruit		