

OHK Senior Meal Program is funded, in part, by the Alameda County Area on Aging and the City of Pleasanton A1:T50

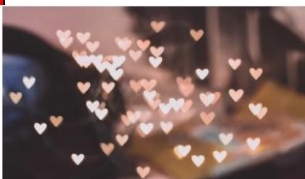


Sage Cafe February 2019

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
				February 1
				Lemon Baked Fish, Baked Potato, Seasonal Vegetables, Seasonal Fruit  
February 4	February 5	February 6	February 7	February 8
Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Cheeseburger w/Lettuce, Tomato and Grilled Onions, Potato Salad, Seasonal Fruit	Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit  	BBQ Chicken, Cucumber Salad, Smashed Potatoes, Seasonal Fruit	Cabbage Bake (Beef), Seasonal Vegetables, Seasonal Fruit
February 11	February 12	February 13	February 14	February 15
 VIP Chef Salad w/ Chicken, Egg and Cheese*+, Corn Bread, Seasonal Fruit 	Chicken Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Spinach Lasagna, Whole Grain Garlic Bread, Seasonal Fruit 	 Valentine's Day  Salisbury Steak w/Gravy, Mashed Potatoes, Seasonal Vegetables, Valentine Themed Dessert	Pork Ribs, Sweet Potato Fries, Seasonal Vegetables, Seasonal Fruit
CLOSED	February 19	February 20	February 21	February 22
	Honey Mustard Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit	#French Dip (Beef) Au Jus (broth) w/ Whole Grain Roll, Seasonal Vegetables, Seasonal Fruit	Name That Tune w/Viki  Garden Salad w/Tuna Salad, Herb Biscuit, Seasonal Fruit  	 Birthday Celebration Chicken Alfredo, Seasonal Vegetables, Seasonal Fruit
February 25	February 26	February 27	February 28	
 VIP Turkey and Dumplings w/ Carrots, Peas and Celery, Seasonal Fruit	Stuffed Bell Peppers (Beef and Rice), Coleslaw, Seasonal Fruit	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Chicken Pot Pie, Cornbread, Seasonal Vegetables, Seasonal Fruit	