

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



MARCH 2018

A partnership between the City of Pleasanton and Open Heart Kitchen

Pleasanton Senior Center
5353 Sunol Blvd.
Pleasanton, CA 94566

Key:

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



Lunch served from 11:45 to 12:45, Monday thru Friday.

Soup, Whole Grain Breads & 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
			MARCH 1st	MARCH 2nd
	To-Go Meal Policy: You must be pre-qualified. You must call one day in advance for order. Please call (925)931-5363		Apricot Glazed Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Meatloaf w/ Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit
MARCH 5th	MARCH 6th	MARCH 7th	MARCH 8th	MARCH 9th
French Onion Chicken, Red Potatoes, Seasonal Vegetables, Seasonal Fruit	Hamburger w/ Grilled Onions, Lettuce and Tomato, Apple Salad, Cookie	Butter Chicken w/ Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Turkey Lasagna, Seasonal Vegetables, Seasonal Fruit	Lemon and Dill Fish, Roasted Potatoes, Seasonal Vegetables, Seasonal Fruit
MARCH 12th	MARCH 13th	MARCH 14th	MARCH 15th	MARCH 16th
VIP Beef Stroganoff, Seasonal Vegetables, Seasonal Fruit	Vegetable Frittata, Potato Wedges, Seasonal Fruit	Turkey Chili over Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Name That Tune w/ Vicky Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Seasonal Fruit	ST. PATRICKS DAY CELEBRATION Corned Beef and Cabbage, Boiled Potatoes, Irish Soda Bread, St Patrick Day Themed Dessert
MARCH 19th	MARCH 20th	MARCH 21st	MARCH 22nd	MARCH 23rd
Teriyaki Chicken, Rice, Seasonal Vegetables, Seasonal Fruit	Garden Salad*+ w/ Tuna Salad, Cheddar Biscuit, Seasonal Fruit	Rosemary Pork Roast, Mashed Potatoes w/ Gravy, Seasonal Vegetables, Seasonal Fruit	To Go Service Only Please call to reserve your Hot Dog lunch to go (925)931-5363	Ham Tetrizzini, Seasonal Vegetables, Seasonal Fruit
MARCH 26th	MARCH 27th	MARCH 28th	MARCH 29th	MARCH 30th
VIP Lemon and Garlic Baked Chicken, Garlic Potatoes, Seasonal Vegetables, Seasonal Fruit	BBQ Pork Sliders, Coleslaw, Seasonal Fruit	Beef Tips w/ Gravy over Enriched Noodles, Seasonal Vegetables, Seasonal Fruit	Split Pea and Spinach Stew, Cheesy Biscuit, Seasonal Fruit (# - Please see key upper Left corner)	Birthday celebration Teriyaki Meatballs over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit