

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



Sage Cafe July 2018

Pleasanton Senior Center
5353 Sunol Blvd.
Pleasanton, CA 94566

A partnership between the City of Pleasanton and Open Heart Kitchen

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



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
JULY 2nd	JULY 3rd	JULY 4th	JULY 5th	JULY 6th
Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Seasonal Fruit	Hamburger w/ Lettuce, Tomato and Grilled Onions, Cucumber Salad, Fruit Pie w/ Ice Cream	NO SERVICE HOLIDAY	Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Chicken Lo Mein w/ Seasonal Asian Vegetables, Seasonal Fruit
JULY 9th	JULY 10th	JULY 11th	JULY 12th	JULY 13th
 VIP LUNCHEON Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Black Bean Chili over Enriched Rice, 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
JULY 16th	JULY 17th	JULY 18th	JULY 19th	JULY 20th
Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit	Garden Salad w/ Tuna Salad*+, Cornbread, Seasonal Fruit 	Balsamic Chicken over Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Name That Tune w/Vicky Shepherd's Pie, Seasonal Vegetables, Seasonal Fruit 	Birthday Celebration Pasta Primavera (Ham), Peas and Broccoli, Herb Roasted Tomatoes, Seasonal Fruit 
JULY 23rd	JULY 24th	JULY 25th	JULY 26th	JULY 27th
Closed	For	Maintenance	No	Lunch
JULY 30th	JULY 31st			
Beef Enchilada Casserole, Seasonal Vegetables, Seasonal Fruit	Vegetable Frittata, Herb Smashed Potatoes, Seasonal Fruit 	Happy 4th of July 		