

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



# Sage Cafe May 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, Bread served upon request & 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
	MAY 1st	MAY 2nd	MAY 3rd	MAY 4th
<b>To-Go-Policy Meals "You must be pre-qualified". You must call one day in advance for order. Please call (925)931-5363</b>	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	<b>Celebrating 25 Years!</b> Low Sodium Hot Dogs w/ Sauerkraut, Baked Beans, Herb Roasted Tomatoes, Seasonal Fruit
	MAY 7th	MAY 8th	MAY 9th	MAY 10th
Ham Tetrazzini, Seasonal Vegetables, Seasonal Fruit	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	 <b>Celebrating Mothers Day</b> # Split Pea and Spinach Stew, Cheesy Biscuit, Seasonal Fruit
MAY 14th	MAY 15th	MAY 16th	MAY 17th	MAY 18th
<b>VIP LUNCHEON</b>  Teriyaki Meatballs over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Balsamic Chicken, Sweet Potatoes, Seasonal Vegetables, Seasonal Fruit	Spaghetti w/ Meat Sauce, Seasonal Vegetables, Seasonal Fruit	<b>Name That Tune w/ Vicky</b> Broccoli Quiche, 3-Bean Salad, Seasonal Fruit 	Salisbury Steak w/ Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit
MAY 21st	MAY 22nd	MAY 23rd	MAY 24th	MAY 25th
Chicken Milano over Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Pot Roast w/ Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit	Grilled Chicken Caesar Salad*+, Garlic Whole Wheat Roll, Seasonal Fruit 	Apple Glazed Pork Roast, Baked Potato, Seasonal Vegetables, Seasonal Fruit	<b>Birthday Celebration</b> Honey Mustard Baked Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit 
MAY 28th	MAY 29th	MAY 30th	MAY 31st	
<b>NO SERVICE HOLIDAY</b>	Apricot Glazed Chicken, Enriched Rice, Seasonal Vegetables, Seasonal Fruit	Meatloaf w/ Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit	French Onion Chicken, Red Potatoes, Seasonal Vegetables, Seasonal Fruit	