

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



Sage Cafe September 2017

A partnership between the City of Pleasanton and Open Heart Kitchen

Lunch served from 11:45 a.m. to 12:45 p.m., Monday-Friday

Soup, Whole Grain Breads, butter pat & 1% milk served daily

EASE CALL BY 1:00 PM THE DAY BEFORE YOUR VISIT TO MAKE A RESERVATION:

(925) 931-5363.

Pleasanton Senior Center
5353 Sunol Blvd.
Pleasanton, CA 94566











DOORS OPEN

11:30AM-1:00PM

SUGGESTED DONATION - \$3.00

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				SEPT 1st
<p>"To-Go-Policy Meals" You must be pre-qualified. You must call one day in advance to order. Please call (925)931-5363</p>				Orange Maple Glazed Chicken, Sweet Potatoes, Seasonal Vegetables, Seasonal Fruit
	SEPT 4th	SEPT 5th	SEPT 6th	SEPT 7th
NO SERVICE HOLIDAY	Pork Tacos, Refried Beans, Seasonal Vegetables, Seasonal Fruit	Roast Beef w/ Mashed Potatoes and Gravy, Seasonal Vegetables, Seasonal Fruit	Chicken Pot Pie w/Seasonal Vegetables, Ice-Cream w/ Fruit	Stuffed Bell Peppers (Beef and Rice), Coleslaw, Seasonal Fruit
SEPT 11th	SEPT 12th	SEPT 13th	SEPT 14th	SEPT 15th
<p>VIP </p> <p>Chicken Enchilada Casserole, Seasonal Vegetables, Seasonal Fruit</p>	<p>Vegetable Frittata, Herb Smashed Potatoes, Seasonal Fruit</p> 	<p>Butter Chicken w/ Enriched Rice, Seasonal Vegetables, Seasonal Fruit</p>	<p>Low Sodium Beef Hot dogs w/ Sauerkraut, Black Beans, Seasonal Vegetables, Seasonal Fruit</p>	<p>Tuna Noodle Casserole, Seasonal Vegetables, Seasonal Fruit</p> 
SEPT 18th	SEPT 19th	SEPT 20th	SEPT 21st	SEPT 22nd
Oven Baked Ham, Cheesy Potatoes, Seasonal Vegetables, Seasonal Fruit	Chicken Alfredo w/ Broccoli, Whole Grain Roll, Seasonal Fruit	Pork Ribs, Potato Wedges, Seasonal Vegetables, Seasonal Fruit	<p>Name That Tune w/ Vicky</p> <p>Beef Lasagna, Seasonal Vegetables, Seasonal Fruit</p>	<p>Music with Pierre Bierre</p> <p>Tandoori Chicken Salad, Herb Biscuit*+, Seasonal Fruit</p>  
SEPT 25th	SEPT 26th	SEPT 27th	SEPT 28th	SEPT 29th
<p>VIP </p> <p>Hamburger w/ Lettuce, Tomato and Grilled Onions, Cucumber Salad, Seasonal Fruit</p>	<p>Chicken Florentine w/ Enriched Pasta, Spinach and Mushrooms, Seasonal Fruit</p>	<p>Open Faced Tuna Melt, Apple Salad, Seasonal Vegetables, Seasonal Fruit</p> 	<p>Brunswick Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit</p>	<p>Birthday Celebration</p> <p>Baked Parmesan Chicken w/ Enriched Pasta, Seasonal Vegetables, Seasonal Fruit</p>