

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

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



## Sage Café-November 2014

A partnership between the City of Pleasanton and Open Heart Kitchen

Pleasanton Senior Center  
5353 Sunol Blvd.  
Pleasanton, CA 94566

### Lunch served from 11:45 to 1:00, Monday thru Friday.

Salad bar, Fruit juice, Whole Grain Breads, butter pat & 1% milk served daily  
Salad Bar selection available daily: lettuce, spinach \*, bell peppers \*, carrots \*, beets, tomatoes \*, kidney beans, celery, olives, cucumbers and mushrooms.

FOR RESERVATIONS CALL:  
(925) 931-5365

SUGGESTED DONATION - \$3.00

Monday: Chef's Choice

Tuesday: Bean of the Day

Wednesday: Chef's Choice

Thursday: Chef's Choice

Friday: Chef's Choice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 3	November 4	November 5	November 6	November 7
Spaghetti w/Meat Sauce, Whole Grain Bread, Salad Bar*+. Steamed Vegetables, Orange Wedges	Lemon Chicken w/Rice Pilaf, Green Beans and Carrots, Salad Bar*+, Fruit Salad	Roast Pork w/Gravy, Mashed Potatoes, Sautéed Veggies w/ Spinach, Salad Bar*+, Jell-O w/ Pears	Beef Tips and Gravy over Enriched Noodles, Coined Roasted Carrots, Salad Bar*+, Peach Crisp	Baked Fish Creole, Steamed Rice, Sautéed Asian Mix Veggies, Salad Bar*+, Fresh Apple Cake
November 10	November 11	November 12	November 13	November 14
<b>VIP Monday</b> -Cheeseburger on Whole Grain Bun w/Lettuce, Tomato and Onion, Coleslaw, Baked French Fries, Salad Bar*+, Chocolate Chip Cookie	<b>Veterans Day Holiday Senior Center Closed</b>	Chicken Cacciatore w/Steamed Rice, Steamed Asian Blend Veggies, Salad Bar*+, Sliced Pears	Chicken Fettuccini Alfredo w/Broccoli over Enriched Noodles, Whole Grain Garlic Bread, Salad Bar*+, Peach Cobbler	Soft Fish Taco on Whole Grain Tortilla, Pineapple Cole Slaw, Steamed Cal Blend Veggies, Salad Bar*+, Fruit Cocktail
November 17	November 18	November 19	November 20	November 21
Beef and Vegetable Stew over Mashed Potatoes, Corn Bread, Salad Bar*+, Apple Sauce	Turkey Tetrizzini w/Whole Grain Rice, Steamed Broccoli, Salad Bar*+, Oatmeal Raisin Cookie	Soft Pork Burrito w/Black Beans and Lime Flavored Rice, Corn w/Bell Peppers and Onions, Salad Bar*+, Roasted Pineapple	Beef Bourgiugnon over Enriched Noodles, Salad Bar*+, Steamed California Mix Veggies, Melon Cup	<b>Nov. Birthday Celebration</b> Spaghetti w/Meat Sauce, Whole Grain Garlic Bread, Salad Bar*+, Steamed Broccoli, Jell-O w/Peaches
November 24	November 25	November 26	November 27	November 28
<b>VIP Monday</b> -Roast Beef w/Gravy over Mashed Potatoes, Roasted Veggies, Salad Bar*+, Tropical Fruit Cocktail	Chunky Chicken Chili over Mashed Potatoes, Corn Bread, Salad Bar*+, Steamed Broccoli, Pineapple Cup	Traditional Turkey Dinner - Roasted Turkey, Au Gratin Potatoes, Salad Bar*+, Green Bean Casserole, Pumpkin Pie w/Whipped Cream <b>(Reservations Required)</b>	<b>Thanksgiving Senior Center Closed</b>	<b>Holiday Senior Center Closed</b>
				

**TAKE OUT FOOD SHOULD BE REFRIGERATED IMMEDIATELY THEN HEATED THOROUGHLY BEFORE EATING**