

The Open Heart Kitchen Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Tri-Valley Cities

\* = Vitamin A Source

+ = Vitamin C Source

# = High Salt

@ = Spicy

NM = NO MEAT

No meat meals are made with a vegetable base

\*\* = Menu has changed since first print



# Open Heart Kitchen

*Feeding the Hungry of the Tri-Valley*

## Senior Menu **MAY** 2021

Dublin, Livermore, and Pleasanton

For Reservations Call:

**(925) 500-8241**

**openheartkitchen.org**

**SUGGESTED DONATION: \$3 / meal**

Donate online:

[donate.openheartkitchen.org/  
seniormeal](https://donate.openheartkitchen.org/seniormeal)

Donate by mailed check:

*Payable to Open Heart Kitchen*

1141 Catalina Dr., #137

Livermore, CA 94550

MAY 3	MAY 4	MAY 5	MAY 6	MAY 7
NM - Red Beans & Cajun Country Rice, Cabbage, Cornbread, Seasonal Fruit(+), Milk	Oven BBQ Beef, Garlic Mashed Potatoes, Green Beans, Wheat Roll, Seasonal Fruit (+), Milk	Chicken & Cheese Taco Casserole, Cilantro Lime Rice, Vegetarian Refried Beans, Seasonal Fruit (+), Milk, HOLIDAY DESSERT	NO PORK Swedish Meatballs w/gravy, Penne w/Garlic & Herbs, Mixed Seasonal Vegetables, Seasonal Fruit (+), Milk	Szechuan Pork, Vegetable Stir Fried Rice, Stir Fried Vegetables, Seasonal Fruit (+), Milk
MAY 10	MAY 11	MAY 12	MAY 13	MAY 14
NM - Cheese Enchilada Casserole, Beans, Spanish Rice, Black Beans, Sauteed Carrots & onions, Seasonal Fruit (+), Milk	Chili Cheese Dog (Beef), French Fries, Peas & Carrots, Seasonal Fruit(+), Milk	Brown Sugar Glazed Ham Steak, Potato Medley, Seasoned Cauliflower & Carrots, Wheat Roll, Seasonal Fruit (+), Milk	Chicken Caesar Salad, Wheat Roll, Seasonal Fruit (+), Milk	Oven Roasted Turkey, Herb Gravy, Cornbread Stuffing, Mixed Vegetables, Seasonal Fruit (+), Wheat Roll, Milk
MAY 17	MAY 18	MAY 19	MAY 20	MAY 21
NM - Vegetable Lasagna (cheese, mushrooms, spinach, onions, Non-meat Blend Vegetables, Seasonal Fruit (+), Milk	Chicken Cacciatore, Garlic & Herb Egg Noodles, Mixed Vegetables, Wheat Roll, Seasonal Fruit (+), Milk	Stuffed Bell Pepper Casserole, Mixed Vegetables, Wheat Roll, Seasonal Fruit, Milk	Baked Turkey Ziti, Steamed Broccoli, Wheat Roll, Seasonal Fruit(+), Milk	Chicken Teriyaki, Jasmine Rice, Stir Fry Vegetables, Seasonal Fruit(+), Milk
MAY 24	MAY 25	MAY 26	MAY 27	MAY 28
NM - Gerardo's Sante Fe Macaroni & Cheese (NO MEAT), Seasoned Broccoli, Seasonal Fruit (+), Milk	Pork Roast, Garlic Parmesan Red Potatoes, Seasoned Carrots, Wheat Roll, Seasonal Fruit (+), Milk	3 Bean Chili with Ground Turkey, Cornbread, Mixed veggie, Seasonal Fruit (+), Milk	Chicken Creole, Classic Rice, Green Beans, Wheat Roll, Seasonal Fruit(+), Milk	Zesty Lasagna, Italian Green Beans, Wheat Roll, Seasonal Fruit (+), Milk
My 31				
<b>CLOSED</b>				

\*\*\* Curbside walk-up or drive-thru pick up only. **ALL DINERS MUST WEAR A MASK, THANK YOU** \*\*\*