

Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568
(925) 556-4511
seniorctr@dublin.ca.gov



Open Heart Kitchen (OHK) Senior Meal Program is funded, in part, by the City of Dublin, Kaiser Permanente and the Alameda County Area Agency on Aging.



October 2020 Senior Lunch Menu

Lunch during Shelter in Place - takeout only
Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

11:30am - 12:15pm

Suggested Donation: \$3.00 unless otherwise noted
Donate online: donate.openheartkitchen.org/seniormeal
Donate by mail: 1141 Catalina Dr. #137, Livermore, Ca. 94550

Senior Lunch Program eligibility: 60+ years

**Annual Registration and
Daily Lunch Reservations Required:**

Reserve lunch by 1:00pm, at least one business day prior (for Monday meals, reserve by Friday) and up to 6 weeks in advance

Reserve lunch by calling 925-500-8241

Drop-in lunch at 12:00pm, subject to availability
Menu subject to change without notice
Soup and 1% milk served daily

Vitamin A Source * Vitamin C Source + High Salt # Spicy @
** = Menu has changed since first print

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Choice Soup	Chef's Choice Soup	Vegetarian Soup	Chef's Choice Soup	Chef's Choice Soup
			Oct. 1	Oct. 2
			Turkey with Herb Gravy Sweet Potatoes Seasoned Broccoli Wheat Roll	Ham Cranberry-Pineapple Sauce Texas Ranger Baked Beans, Cauliflower & Peas, Wheat Roll Seasonal Fruit
Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9
Anti-Pasta Salad (Tomato, Cucumber, Cheese, Salami, Olives, Bell Pepper) Wheat Roll, Seasonal Fruit	BBQ Chicken, Baked Beans, Seasonal Vegetables, Wheat Roll, Seasonal Fruit	Pork Carnitas, Arroz Rojo (red rice) Seasonal Vegetables, Seasonal Fruit Wheat Roll	Brown Sugar Baked Chicken, Classic Rice, Seasonal Vegetables Wheat Roll, Seasonal Fruit	Zesty Lasagna, Italian Green Beans Wheat Roll, Seasonal Fruit
Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16
Vegetable Frittata, Sweet Potato Fries, Seasonal Fruit	Diced Brown Sugar Pork Chop, Green Beans, Wheat Roll, Seasonal Fruit	Chicken Cacciatore, Pasta w/ Garlic & Herbs, Broccoli & Cauliflower, Wheat Roll, Seasonal Fruit	Beef Hot Dog, Steak Fries, Seasonal Vegetables, Seasonal Fruit	Chicken Enchilada Casserole, Black Beans, Seasonal Vegetables Seasonal Fruit
Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23
Beef Pot Roast with Mushrooms Egg Noodles, Seasonal Vegetables Seasonal Fruit	Ham Cranberry-Pineapple Sauce Texas Ranger Baked Beans, Cauliflower & Peas, Wheat Roll, Seasonal Fruit	Chicken Caesar Salad, Wheat Roll, Seasonal Fruit	Old Fashioned Meatloaf with Gravy, Herb Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Kung Pao Pork Seasoned Brown Rice Seasonal Vegetable Seasonal Fruit
Oct. 26	Oct. 27	Oct. 28	Oct. 29	Oct. 30
Chicken with Rosemary Sauce Boiled Red Potatoes Seasoned Peas, Seasonal Fruit	Turkey with Herb Gravy Sweet Potatoes Seasoned Broccoli Wheat Roll	Beef Enchilada Casserole, Refried Beans, Seasonal Vegetables, Seasonal Fruit	Creamy Macaroni & Cheese Seasonal Vegetables, Seasonal Fruit	Zesty Spaghetti, Seasonal Vegetable Seasonal Fruit