

Dublin Senior Center  
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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.



# July 2020 Senior Lunch Menu

Lunch during Shelter in Place - takeout only

Mondays, Tuesdays, Wednesdays, Thursdays, Fridays

11:30am - 12:15pm

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

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

Suggested Donation: \$3.00 unless otherwise noted

Menu subject to change without notice  
Soup and 1% milk served daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chef's Choice Soup	Chef's Choice Soup	Vegetarian Soup	Chef's Choice Soup	Chef's Choice Soup
		JULY 1st	JULY 2nd	JULY 3rd
		Tuna Salad with Green Salad (Lettuce, Tomato, Carrots, Bell Peppers), Herb Biscuit, Seasonal Fruit	Oven Fried Chicken, Mashed Potatoes and Gravy, Garlic Sesame Spinach, Seasonal Fruit Reserve today for 7/6 lunch	<b>Closed for the Holiday</b>
JULY 6th	JULY 7th	JULY 8th	JULY 9th	JULY 10th
Swedish Meatballs, Egg Noodles, Peas and Carrots, Seasonal Fruit Reserve by 7/2 for today's lunch	Asian Flare Pork, Fried Rice, Stir Fry Vegetables, Mixed Greens Salad, Seasonal Fruit	Tahitian Chicken, Classic Rice, Broccoli with Garlic, Seasonal Fruit	BBQ Beef on a Bun, Baked Beans, The Pantry Coleslaw, Seasonal Fruit	Old Fashioned Meatloaf with Gravy, Herb Mashed Potatoes, Whole Wheat Roll, Seasoned Vegetables, Seasonal Fruit
JULY 13th	JULY 14th	JULY 15th	JULY 16th	JULY 17th
Cheese Ravioli with Meat Sauce, Salad (Lettuce, Tomato, Carrots, Bell Peppers), Brussels Sprouts, Seasonal Fruit	Chicken Marsala, Diced Fried Potatoes, Whole Wheat Roll, Baked Fresh Zucchini, Seasonal Fruit	BEEF Taco Casserole, Seasonal Vegetables, Fiesta Salad, Seasonal Fruit	Roast Pork Loin, Ranch Style Beans, Southern Style Green Beans, Whole Wheat Roll, Diced Pineapples	Shepherd's Pie, Seasonal Vegetables, Whole Wheat Roll, Seasonal Fruit
JULY 20th	JULY 21st	JULY 22nd	JULY 23rd	JULY 24th
Beef Teriyaki, Pineapple Fried Rice, Stir Fry Vegetables, Seasonal Fruit	Anti-Pasta Salad (Tomato, Cucumber, Cheese, Salami, Olives, Bell Pepper), Wheat Roll, Seasonal Fruit	Spaghetti with Meat Sauce, Italian Green Beans, Mediterranean Green Salad, Seasonal Fruit	Glazed Ham Steak, Potato Medley, Broccoli with Tarragon, Whole Wheat Roll, Seasonal Fruit	Chicken Cordon Bleu, Roasted Red Potatoes, Peas & Onions, Seasonal Fruit
JULY 27th	JULY 28th	JULY 29th	JULY 30th	JULY 31st
BBQ Chicken, Potato Wedges, Seasonal Vegetables, Whole Wheat Roll, Seasonal Fruit	Macaroni and Cheese, Mixed Vegetable Blend, Fresh Green Salad, Seasonal Fruit	Salisbury Steak with Grilled Onions, Diced Fried Potatoes, Whole Wheat Roll, Seasonal Vegetables, Seasonal Fruit	Beef Hot Dog, Steak Fries, Scandinavian Vegetables, Seasonal Fruit	Ham & Cheese Frittata, Italian Green Beans, Whole Wheat Roll, Seasonal Fruit