

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.



# June 2019 Senior Lunch Menu

Lunch is served

Mondays, Tuesdays, Thursdays, Fridays 11:30am - 12:30pm

Wednesdays 11:30am - 12:15pm (Last seating at 12:00pm)

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 before (for Monday meals, reserve by Friday) and up to 2 weeks in advance

For reservations call the Dublin Senior Center at (925) 556-4511 during office hours or Taylor Hoover-Hart at (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
<b>Chef's Choice Soup</b>	<b>Chef's Choice Soup</b>	<b>Vegetarian Soup</b>	<b>Chef's Choice Soup</b>	<b>Chef's Choice Soup</b>
<b>June 3</b>	<b>June 4</b>	<b>June 5</b>	<b>June 6</b>	<b>June 7</b>
Shepherd's Pie, Seasonal Vegetables, Seasonal Fruit	Spinach Lasagna, Seasonal Vegetables, Seasonal Fruit	Pork Roast w/ Applesauce, Smashed Potatoes, Seasonal Vegetables, Seasonal Fruit	Swedish Meatballs, Mashed Potatoes, Peas and Carrots, Lingonberry, Swedish Cheesecake	Tarragon Cream Chicken, Rice Pilaf, Seasonal Vegetables, Seasonal Fruit
<b>June 10</b>	<b>June 11</b>	<b>June 12</b>	<b>June 13</b>	<b>June 14</b>
Garden Salad w/ Tuna Salad, Herb Biscuit, Seasonal Fruit	Beef Lo Mein w/ Seasonal Asian Vegetables, Seasonal Fruit	Garlic Cheddar Chicken, Smashed Potatoes, Seasonal Vegetables, Cookie	Beef Lasagna, Seasonal Vegetables, Seasonal Fruit	Stew (Pork) over Mashed Potatoes, Seasonal Vegetables, Seasonal Fruit
<b>June 17</b>	<b>June 18</b>	<b>June 19</b>	<b>June 20</b>	<b>June 21</b>
Three Bean and Beef Chili, Cornbread, Seasonal Vegetables, Seasonal Fruit	Pork Ribs, Cucumber Salad, Sweet Potato, Seasonal Fruit	Baked Chicken Parmesan, Enriched Pasta, Seasonal Vegetables, Seasonal Fruit	Stuffed Bell Pepper (Rice and Beef), Coleslaw, Seasonal Fruit	Chicken Alfredo w/ Seasonal Vegetables, Seasonal Fruit
<b>June 24</b>	<b>June 25</b>	<b>June 26</b>	<b>June 27</b>	<b>June 28</b>
Beef Enchilada Casserole, Seasonal Vegetables, Seasonal Fruit	Low Sodium Hot Dogs, Black Beans, Seasonal Vegetables, Seasonal Fruit	BBQ Chicken, Potato Wedges, Coleslaw, Fruit Cobbler w/ Ice Cream	Salisbury Steak w/Gravy, Red Potatoes, Seasonal Vegetables, Seasonal Fruit	Green Salad w/ Chicken Salad, Cheesy Biscuit, Seasonal Fruit