

# February 2025

Reservations must be made on site

To cancel, please call (925) 500-8241 before 1pm on the business day prior



# 2025年2月

必须现场预约

如需取消, 请在前一个工作日下午1点之前致电 (925) 500-8241

<p>Mushroom Spinach Stroganoff*, <b>3</b> Mashed Potatoes+, Thick and Chunky Red Lentil Soup, WW Roll, Fruit 蘑菇菠菜沙拉酱*、土豆泥+、浓稠红扁豆汤、WW 面包卷、水果</p>	<p>Bowtie Chicken Pasta, <b>4</b> Fresh Vegetable Blend+*, Roasted Winter Vegetable Soup+*, Fruit 蝴蝶结鸡肉意面、新鲜蔬菜混合+*、烤冬季蔬菜汤+*、水果</p>	<p>Turkey Enchilada Rice Casserole, <b>5</b> Cauliflower Crunch+, Spinach Bean Soup*, Fruit+ 火鸡辣酱玉米卷饭砂锅、花椰菜脆片+、菠菜豆汤*、水果+</p>	<p>Sweet and Sour Pork+, Brown Rice, <b>6</b> Stir Fry Vegetables+, Broccoli-Potato Soup+, Fruit 咕鲁肉+、糙米、炒菜+、西兰花土豆汤+、水果</p>	<p>Sloppy Joes(Beef)+ on a WW Bun, <b>7</b> Texas Sweet Potato Fries*, Pomodoro Tomato Soup, Fruit &lt; &gt; WW 面包上的 Sloppy Joes (牛肉) +、德克萨斯红薯条*、波莫多罗番茄汤、水果 &lt; &gt;</p>
<p>Spanish Omelet+, Lemon Arugula Salad, <b>10</b> Thick and Chunky Red Lentil Soup, WW Roll, Fruit 西班牙煎蛋卷+、柠檬芝麻菜沙拉、浓稠红扁豆汤、WW 面包卷、水果</p>	<p>Garlic Ginger Ramen with Beef and <b>11</b> Vegetables+*, Carrot Ginger Salad*, Roasted Winter Vegetable Soup+*, Fruit 蒜姜牛肉拉面+*、胡萝卜姜沙拉*、烤冬菜汤+*、水果</p>	<p>Chicken Spaghetti+, WW Spaghetti <b>12</b> Noodles, Pepper Steamed Kale+, Spinach Bean Soup*, Fruit 鸡肉意大利面+、WW 意大利面条、胡椒蒸羽衣甘蓝+、菠菜豆汤*、水果</p>	<p>Turkey Goulash+, Roasted Carrots*, <b>13</b> Broccoli-Potato Soup+, WW Roll, Fruit 火鸡炖牛肉+、烤胡萝卜*、西兰花土豆汤+、WW 面包卷、水果</p>	<p>Cupid's Special Baked Pork Chop, <b>14</b> Roasted Red Potatoes, Chocolate Red Velvet Cake, Pomodoro Tomato Soup+, WW Roll, Fruit 丘比特特制烤猪排、烤红薯、巧克力红丝绒蛋糕、番茄汤+、WW 面包卷、水果</p>
<p><b>All Senior Sites Closed</b> <b>17</b> <b>所有高级站点均已关闭</b> </p>	<p>Tuna Casserole, Peas, <b>18</b> Roasted Winter Vegetable Soup+*, Fruit 金枪鱼砂锅、豌豆、烤冬季蔬菜汤+*、水果</p>	<p>Tomato Beef Macaroni+, <b>19</b> Seasoned Broccoli+, Spinach Bean Soup*, Fruit 番茄牛肉通心粉+、调味西兰花+、菠菜豆汤*、水果</p>	<p>Arroz con Pollo, <b>20</b> Black Bean and Corn Salad+, Broccoli-Potato Soup+, Fruit 鸡肉饭、黑豆玉米沙拉+、西兰花土豆汤+、水果</p>	<p>Turkey &amp; Vegetable Stir Fry+*, <b>21</b> Cauliflower Crunch+ Brown Rice, Pomodoro Tomato Soup, Fruit 火鸡蔬菜炒+*、花椰菜脆片+糙米、番茄汤、水果</p>
<p><b>24</b> Macaroni Spinach Bake+*, Fresh Carrots*, Thick and Chunky Red Lentil Soup, Fruit 菠菜通心粉烘焙+*、新鲜胡萝卜*、浓稠红扁豆汤、水果</p>	<p>Pork Carnitas, Spanish Rice, <b>25</b> Pinto Beans, Roasted Winter Vegetable Soup+*, Fruit 猪肉玉米卷, 西班牙米饭, 斑豆, 烤冬季蔬菜汤+*, 水果</p>	<p>Garden Turkey Meatloaf, <b>26</b> Green Bean Casserole, Spinach Bean Soup*, WW Roll, Fruit+ 花园火鸡肉饼、青豆砂锅、菠菜豆汤*、WW 面包卷、水果+</p>	<p>Maple Glazed Pork Roast, <b>27</b> Apple Cranberry Stuffing, Broccoli-Potato Soup+, WW Roll, Fruit 枫糖烤猪肉, 苹果蔓越莓馅, 西兰花土豆汤+, WW卷, 水果,</p>	<p>Grilled Chicken &amp; Peaches, <b>28</b> Herb Mashed Potatoes+, Pomodoro Tomato Soup, WW Roll, Fruit 烤鸡肉和桃子、香草土豆泥+、番茄汤、WW 面包卷、水果</p>

Menu Key  
\* Vitamin A Source  
+ Vitamin C Source  
# High Salt  
@ Spicy  
V No Meat, made with vegetable base  
WW-Whole Wheat  
<> High Sodium Day


The Open Heart Kitchen Senior Meal Program is partially funded by the Alameda County Area Agency on Aging and the Tri-Valley Cities  
Suggested Donation: \$3 / Meal  
Donate online: [donate.openheartkitchen.org/seniormeal](https://donate.openheartkitchen.org/seniormeal)  
Donate by check: Payable to "Open Heart Kitchen", 1141 Catalina Dr #137, Livermore, CA 94550 (Memo: "C-1 Meal")

All meals served with milk  
所有餐点均配有牛奶

Open Heart Kitchen 长者膳食计划部分是由阿拉米达县地区老龄化机构及三谷城市资助  
建议捐赠限额为: 3 美元/餐  
网上捐赠: [donate.openheartkitchen.org/seniormeal](https://donate.openheartkitchen.org/seniormeal)  
如寄支票, 支票抬头请写: Open Heart Kitchen, 1141 Catalina Dr #137, Livermore, CA 94550 (Memo: "C-1 Meal")

菜单关键词  
\* 维生素 A 来源  
+ 维生素 C 来源  
# 高盐  
@ 辛辣  
V 素食, 以蔬菜为基础  
WW- 全麦  
<> 高钠日



<p>Stroganoff de espinacas y champiñones*, 3 puré de patatas+, sopa espesa y con trozos de lentejas rojas, panecillo WW, fruta</p> <p>버섯 시금치 스트로가노프*, 으깬 감자+, 두껍고 큼직한 붉은 렌즈콩 수프, WW 롤, 과일</p>	<p>Pasta con pollo y moño, mezcla de 4 verduras frescas+*, sopa de verduras de invierno asadas+*, fruta</p> <p>보우타이 치킨 파스타, 신선한 야채 블렌드+*, 로스트 윈터 야채 수프+*, 과일</p>	<p>Cazuela de arroz con enchiladas 5 de pavo, coliflor crujiente+, sopa de espinacas y frijoles*, fruta+</p> <p>터키 엔칠라다 라이스 캐서롤, 콜리플라워 크런치+, 시금치 콩 수프*, 과일+</p>	<p>Cerdo agridulce+, arroz integral, 6 verduras salteadas+, sopa de brócoli y papas+, fruta</p> <p>새콤달콤 돼지고기+, 현미밥, 볶음야채+, 브로콜리-감자수프+, 과일</p>	<p>Sloppy Joes (carne de res)+ en pan 7 integral, papas fritas de batata texana*, sopa de tomate Pomodoro, fruta &lt; &gt;</p> <p>슬로피 조(쇠고기)+ WW 번, 텍사스 스위트 포테이토 프라이*, 포모도로 토마토 수프, 과일 &lt; &gt;</p>
<p>Tortilla española+, ensalada de 10 rúcula y limón, sopa espesa y con trozos de lentejas rojas, panecillo WW, fruta</p> <p>스페인 오믈렛+, 레몬 아루굴라 샐러드, 두껍고 큼직한 붉은 렌즈콩 수프, WW 롤, 과일</p>	<p>Ramen de ajo y jengibre con carne 11 de res y verduras+*, ensalada de zanahoria y jengibre*, sopa de verduras de invierno asadas+*, fruta</p> <p>쇠고기와 야채를 곁들인 마늘생강 라면+*, 당근 생강 샐러드*, 구운 겨울 야채 수프+*, 과일</p>	<p>Espaguetis con pollo+, fideos 12 espaguetis WW, col rizada al vapor con pimientos+, sopa de espinacas y frijoles*, fruta</p> <p>치킨 스파게티+, WW 스파게티 누들, 고추 찜 케일+, 시금치 콩 수프*, 과일</p>	<p>Goulash de pavo+, zanahorias asadas*, 13 sopa de brócoli y papa+, panecillo integral, fruta</p> <p>터키 구울라시+, 구운 당근*, 브로콜리-감자 수프+, WW 롤, 과일</p>	<p>Chuleta de cerdo al horno especial de 14 Cupido, papas rojas asadas, pastel de chocolate Red Velvet, sopa de tomate Pomodoro+, panecillo WW, fruta</p> <p>큐피드 스페셜 구운 돼지갈비, 구운 붉은 감자, 초콜릿 레드 벨벳 케이크, 포모도로 토마토 수프+, WW 롤, 과일</p>
<p><b>Todos los sitios para personas 17 mayores cerrados 모든 노인 사이트 폐쇄</b></p> 	<p>Cazuela de atún, guisantes, sopa de 18 verduras de invierno asadas+*, fruta</p> <p>참치 캐서롤, 완두콩, 구운 겨울 야채 수프+*, 과일</p>	<p>Macarrones con carne 19 de res y tomate+, brócoli condimentado+, sopa de espinacas y frijoles*, fruta</p> <p>토마토 비프 마카로니+, 양념 브로콜리+, 시금치 콩 수프*, 과일</p>	<p>Arroz con Pollo, Ensalada de Frijoles 20 Negros y Maíz+, Sopa de Brócoli y Papa+, Fruta</p> <p>아로스 콘 폴로, 검은콩과 옥수수 샐러드+, 브로콜리-감자 수프+, 과일</p>	<p>Salteado de pavo y verduras+*, 21 coliflor crujiente+arroz integral, sopa de tomate pomodoro, fruta</p> <p>칠면조 야채 볶음+*, 콜리플라워 크런치+ 현미, 뽕모도로 토마토 수프, 과일</p>
<p>Macarrones con espinacas al horno+*, 24 zanahorias frescas*, sopa espesa y con trozos de lentejas rojas, fruta</p> <p>마카로니 스피니치 베이크+*, 신선한 당근*, 두껍고 큼직한 붉은 렌즈콩 수프, 과일</p>	<p>Carnitas de cerdo, arroz español, 25 frijoles pintos, sopa de verduras de invierno asadas+*, fruta</p> <p>돼지고기 카르니타스, 스페인식 쌀, 핀토콩, 구운 겨울 야채 수프+*, 과일</p>	<p>Pastel de carne de pavo al estilo 26 huerto, cazuela de judías verdes, sopa de espinacas y judías*, panecillo tradicional, fruta+</p> <p>가든 터키 미트로프, 녹두 캐서롤, 시금치 콩 수프*, WW 롤, 과일+</p>	<p>Cerdo asado glaseado con arce, 27 relleno de manzana y arándanos, sopa de brócoli y papas, panecillo tradicional, fruta,</p> <p>메이플 글레이즈 돼지고기 구이, 사과 크랜베리 스테핑, 브로콜리-감자 수프+, WW 롤, 과일,</p>	<p>Pollo y duraznos a la parrilla, 28 puré de papas con hierbas, sopa de tomates Pomodoro, panecillo WW, fruta</p> <p>구운 닭고기와 복숭아, 허브 으깬 감자+, 포모도로 토마토 수프, WW 롤, 과일</p>

Tecla de Menú  
\* Fuente de Vitamina A  
+ Fuente de Vitamina C  
# Mucha Sal  
@ Picoso  
V Vegetariana, con una base de vegetal.  
WW- Integral  
<> Día alto en sodio

El Programa de comidas para personas mayores de Open Heart Kitchen es parcialmente financiado por la Agencia de la Area de Alameda County y las ciudades en el Tri-Valley.  
Donación Sugerida: \$3 / comida  
Donar en línea: [donate.openheartkitchen.org/seniormeal](https://donate.openheartkitchen.org/seniormeal)  
Donar por cheque enviado por correo: Pagadero a Open Heart Kitchen, 1141 Catalina Dr #137, Livermore, CA 94550 (En el memo: "C-1 Meal")

Todas las comidas se sirven con leche.  
모든 식사에 우유가 제공됩니다.

Open Heart Kitchen 시니어 급식프로그램은 Alameda County Area Agency on Aging and the Tri-Valley Cities에서 부분적으로 자금을 지원합니다.  
권장 기부금: \$3/식사  
온라인 기부: [donate.openheartkitchen.org/seniormeal](https://donate.openheartkitchen.org/seniormeal)  
수표 기부: 수취인: "Open Heart Kitchen", 1141 Catalina Dr #137, Livermore, CA 94550 (메모: "C-1 Meal")

메뉴 키  
\* 비타민 A 공급원(≥ 840mg)  
+ 비타민 C 공급원(≥ 90mg)  
# 고염분(≥ 1,000mg)  
@ 매운  
V No Meat, 야채 베이스로 만든  
WW-통 밀  
<> 고나트륨의 날