



# FEBRUARY 2024









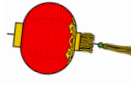
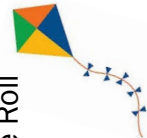


**DOWNTOWN OAKLAND SENIOR CENTER**  
(510) 238-3284 | [DOSC@oaklandca.gov](mailto:DOSC@oaklandca.gov)

Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead

Indicate meal choice: **Meet & Eat, Grab & Connect, Take-Away**

**Senior Rate: \$4 contribution per meal**  
Any additional contribution is greatly appreciated.

No registered senior will be denied a meal due to inability to give.  
Guests under 60: \$14 flat

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✔ = Vegetarian Day	<b>FEBRUARY IS BLACK HISTORY MONTH</b>	<b>1</b> Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	<b>Ground Hog Day 2</b>  Turkey Sloppy Joes+ on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit
<b>5</b> Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes, and Diced Onions Pinto Beans WW Tortilla, Fruit	<b>6</b> Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	<b>7</b> Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	<b>8</b>  Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	<b>Lunar New Year 9</b>  Coconut Curry Cod over Rice Pilaf Cauliflower+ Carrots* Fruit <b>Cookie (M&amp;E only)</b>
<b>12</b> Albondigas Soup+* (with beef meatballs) Southwest Side Salad Tortilla Chips Fruit	<b>13</b> Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	<b>Valentine Meal 14</b>  Spinach/Ricotta Ravioli w/Creamy Mushrooms Baby Carrots* Italian Cut Green Beans Garlic Bread, Fruit+ <b>Dessert (M&amp;E only)</b> 	<b>15</b> Chile Verde Chicken Casserole*+ <> Pinto Beans Corn Fruit	<b>16</b> Turkey Chili Vegetable Medley Salad* Cornbread Fruit+
<b>HOLIDAY 19</b>  <b>PRESIDENTS DAY</b>	<b>20</b> Pork Adobo Broccoli+ Carrots* Garlic Rice Fruit	<b>21</b> Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	<b>22</b> Greek Cod w/Potatoes, Scallions, Tomatoes+ over Orzo Blend Cold Beet & Garlic Salad Fruit	<b>23</b>  Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit
<b>26</b> Roast Chicken Roasted Potatoes Pesto Green Beans+ WW Roll Fruit	<b>27</b>  (Turkey) Cabbage Roll Entrée Soup*+ House Salad WW Roll Fruit	<b>28</b> Cod Fish Tacos+ w/Mexican slaw Black Beans Azteca Soup+* Fruit	<b>Leap Day 29</b>  Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit <b>LEAP DAY ONE EXTRA DAY</b> 	

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)