



# Nutrition Education



## Your Donation Counts

**Spectrum relies upon your individual voluntary contribution towards each meal.** As expenses have increased, we are attempting to keep the suggested donation request at \$3.75 for as long a possible.

The value of each meal includes planning, purchasing ingredients, preparing and delivery. **The current value for each meal is about \$13.50.**

We understand not everyone is able to give the full donation request of \$3.75. We never turn a senior away due to lack of funds. **If you are able, any increase in your current giving would be greatly appreciated.**

**Meal Tickets are available.  
10 Meals for \$35**

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Senior Meals Program Manager

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## What's on the Menu?



Spectrum lunches are a balanced, nutritious meal. They are low in sodium, contain at least 15 grams of protein, 7 grams of fiber and provide vitamin C and A rich fruits and vegetables.

### Each meal includes all the following food groups:

**Lean Proteins:** 2-4 ounces of lean protein such as chicken, turkey, pork, fish, lentils, chickpeas and beans.

**Two Vegetable Servings:** One serving of vegetables is 1/2 cooked or 1 cup raw (such as a salad).

**One Fruit Serving:** 1/2 cup cut up fruit or 1 medium sized piece of fruit.

**Whole Grains:** 1-2 servings. One serving is 1/2 cup of rice, noodles or 1 slice of bread.

**Milk:** 8oz. of low-fat milk for protein, calcium and vitamin D.

Monthly menus are analyzed and approved by the program's Registered Dietitian and the county dietitian. The program receives federal funding and must comply with the nutritional requirements of the contract.

Please sign up or call site directly for reservations 24 hours in advance















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

**Suggested donation: \$3.75**

Guests under 60 may purchase a meal for \$10.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p>1% Milk served each meal</p> <p><b>Menu subject to change without notice</b></p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt;&gt; High Sodium Day WW = Whole Wheat  = Vegetarian Day</p>			<p><b>Holiday Meal</b>  <b>1</b></p> <p>Hamburger on WW Bun with Lettuce, Tomato, Onion &amp; Pickle Carrot Slaw* Fruit+, Dessert: Jello</p>
<p><b>HOLIDAY</b>  <b>4</b></p>	<p><b>5</b></p> <p>Egg Salad Sandwich on WW Bread w/ Lettuce, Tomato &amp; Onion Chef's Choice Veg Soup Fruit+</p>	<p><b>6</b></p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit +</p>	<p> <b>7</b></p> <p>Vegetable Stir Fry+* House Salad* Brown Rice Fruit </p>	<p><b>8</b></p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>
<p><b>11</b></p> <p>Meatball Sub Italian Green Beans Spinach Medley Salad* Fruit+</p>	<p><b>12</b></p> <p>Baked Cod w/Coconut Curry Sauce Cilantro Coleslaw Seasoned Cauliflower+ Brown Rice Pilaf, Fruit</p>	<p><b>13</b></p> <p>Herb Baked Chicken Potato Cabbage Soup Peas &amp; Carrots *  WW Roll Fruit+</p>	<p><b>14</b></p> <p>Sweet &amp; Sour Pork Broccoli + Asian Blend Vegetables Brown Rice Fruit</p>	<p> <b>15</b></p> <p>Pasta w/ Marinara Sauce Brussels Sprouts + House Salad* Garlic Bread Fruit</p>
<p><b>18</b></p> <p>Imitation Crab &amp; Egg Salad over Romaine w/Tomato Hearty Vegetable Soup*+ WW Bread Fruit, Dessert: Cookie</p>	<p><b>19</b></p> <p>Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas  Fruit</p>	<p> <b>20</b></p> <p>Pesto Tortellini Primavera*+ Tomato Soup Garlic bread Fruit</p>	<p><b>21</b></p> <p>BBQ Chicken Sandwich on WW Bun w/ Lettuce, Tomato and Onion Broccoli Cranberry Salad + Fruit</p>	<p><b>22</b></p> <p>Albondigas Entrée Soup +* Tossed Veg Salad* Roasted Corn  Tortilla Chips Fruit</p>
<p> <b>25</b></p> <p>Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous  Fruit</p>	<p><b>26</b></p> <p>Chicken Salad w/Raisins over Romaine, Tomato &amp; Cucumber Lemony Mushroom &amp; Orzo Soup WW Crackers Fruit +</p>	<p><b>27</b></p> <p>Ginger Beef Bowl Carrots*  Brown Rice Fruit+</p>	<p> <b>28</b></p> <p>Spinach &amp; Mushroom Lasagna*+ Vegetable Medley Salad * WW Roll Fruit</p>	<p><b>29</b></p> <p>Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts + Brown Rice Fruit</p>