














## NORTH OAKLAND SENIOR CENTER

To reserve a lunch, call or email 24 hours in advance.  
(510) 597-5085 | NOSC@oaklandca.gov

Same low rate since 2014!  
**Senior Rate: \$3.75 donation per meal**  
Any additional contribution is greatly appreciated.  
No registered senior will be refused a meal due to lack of funds. **Guests under 60: \$10 flat fee.**

Mon	Tue	Wed	Thu	Fri
<p> <b>1</b></p> <p>Veggie Burger on WW Bun with Lettuce, Tomato, &amp; Onion Chickpea Carrot Salad*+ Fruit</p>	<p><b>2</b></p> <p>Cod w/Lemon Yogurt Sauce SW Side Salad+ Peas and Carrots* Brown Rice Fruit+</p>	<p><b>Nat'l Watermelon Day</b> <b>3</b></p> <p>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes &amp; Onions Pinto Beans  WW Tortilla, Fruit</p>	<p><b>4</b></p> <p>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit Dessert</p>	<p><b>5</b></p> <p>Veggie Chili over Baked Potato Broccoli+ Cornbread Fruit</p>
<p><b>8</b></p> <p>Turkey &amp; Veggie Stir-fry Roasted Cauliflower+ Brown Rice  Fruit</p>	<p><b>9</b></p> <p>Cabbage Roll Soup*+ Vegetable Medley Salad* WW Roll Fruit</p>	<p><b>10</b></p> <p>Baked Cod with Sun-dried Tomato Sauce Tossed Vegetable Salad* Green Beans Rice Pilaf, Fruit+</p>	<p> <b>11</b></p> <p>Veggie Burrito Bowl+ over Brown Rice Spinach Salad w/Carrots &amp; Red Onion+* Fruit</p>	<p><b>12</b></p> <p>Chicken Dijon Endive Soup Carrots* Brown Rice Fruit+</p>
<p><b>15</b></p> <p>Southwestern Chicken Salad+* Hearty Vegetable Soup+* Chips Fruit</p>	<p>&lt; &gt; <b>16</b></p> <p>Carnitas Pulled Pork on WW Bun with Mexican Coleslaw+ Pinto Beans Roasted Corn Fruit</p>	<p><b>17</b></p> <p>Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad* Rice Pilaf Fruit+ Dessert</p>	<p><b>18</b></p> <p>Tuna Sandwich on WW Bread with Lettuce, Tomato, &amp; Onion Baked Sweet Potato Tots* Fruit+</p>	<p> <b>19</b></p> <p>Lentil Vegetable Curry+* Broccoli+  Brown Rice Fruit</p>
<p><b>22</b></p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+</p>	<p> <b>23</b></p> <p>Chef Entrée Salad*+ WW Roll  Fruit  World Daffodil Day</p>	<p><b>24</b></p> <p>Teriyaki Chicken Ginger Sweet Potato Soup* Vegetable Blend+* Pineapple Veg Rice Fruit</p>	<p><b>25</b></p> <p>Turkey Sandwich on WW Bread with Cranberry Sauce, Lettuce, Tomato &amp; Onion Broccoli Raisin Salad+ Fruit</p>	<p><b>26</b></p> <p>Salisbury Steak w/ Mushrooms &amp; Onions Mashed Potatoes Peas &amp; Carrots* WW Roll Fruit+</p>
<p><b>29</b></p> <p>Egg Salad Sandwich on WW Bread with Lettuce, Tomato &amp; Onion Chef's Choice Veg Soup Fruit+</p>	<p><b>30</b></p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p>	<p> <b>31</b></p> <p>Vegetable Stir Fry+*  House Salad* Brown Rice Fruit</p>	<p><b>1% Milk served each meal</b></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>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

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



# Nutrition Education



## Antioxidant Food Sources

If you have a hard time remembering the food sources, **just try your best to have a diet full of fruits, vegetables, whole grains, a multitude of colors, and overall variety every day.**

Information obtained from:  
The Academy of Nutrition and Dietetics  
&  
Understanding Nutrition  
by Whitney-/Rolfes

Created by Heather Cuellar, RD  
Presented by: Becky Bruno,  
Senior Meals Program Manager

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## Antioxidants

### What are antioxidants?

Antioxidants are a type of compound that can help protect cells from damage caused by free radicals. Free radicals occur in the body from normal body processes, environmental factors such as UV radiation to tobacco smoke. Free radicals can contribute to cell damage, disease progression and aging. **Having a healthy intake of antioxidants may reduce the risks caused by free radicals.** Thankfully, antioxidants can be found in many food sources.

### What are good sources of antioxidants?

Food is the best source of antioxidants. When trying to remember what foods contain antioxidants...think **ACE!**

**Vitamin A** (carotenoid form): commonly found in red, orange, deep-yellow, dark-green leafy vegetables, tomatoes, carrots, spinach, brussels sprouts, sweet potatoes, winter squash and broccoli



**Vitamin C:** citrus fruits strawberries, sweet peppers, tomatoes, broccoli, and potatoes



**Vitamin E:** vegetable oils, salad dressings, margarine, wheat germ, whole-grain products, seeds, nuts, and peanut butter



In addition, the **mineral selenium:** meat, whole grains, fruits, and vegetables

