

DOWNTOWN OAKLAND SENIOR CENTER
To reserve a lunch, call or email 24 hours in advance.
(510) 238-3284 | 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>Menu subject to change without notice.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>1</p> <p>Albondigas Entrée Soup+* Tossed Vegetable Salad* WW Crackers Fruit</p> 	<p>2</p> <p>Beef Ragu over WW Penne Pasta Spinach Salad with Fruit & Nuts+* Fruit</p>	<p>3</p> <p>Tuna Salad Sandwich on WW Bread Cheddar Potato Soup+* Vegetable Medley Salad* Fruit</p>
<p>6</p> <p>Turkey Sloppy Joe+ on WW Bun Garden Salad* Fruit</p>	<p>7</p> <p>Beef Stir-Fry w/Broccoli & Cauliflower+ Green Beans Brown Rice Fruit</p>	<p>8</p> <p>Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Carrot Soup * WW Roll Fruit</p>	<p>9</p> <p>Apricot Glazed Chicken Minestrone Soup Carrots* Brown Rice Fruit +</p> 	<p>10</p> <p>Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Fruit</p>
<p>13</p> <p>Sweet & Sour Pork Broccoli+ Carrots* Brown Rice Fruit</p> 	<p>14</p> <p>Moroccan Chicken Sweet Potatoes+* Carrot & Chickpea Salad* WW Pita Bread Fruit</p>	<p>15</p> <p>Turkey Chili Vegetable Medley Salad* Cornbread Fruit+</p>	<p>16</p> <p>Cod w/ Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts+ Rice Pilaf Fruit</p>	<p>Holiday Meal 17</p> <p>Glazed Meatloaf Mashed Potatoes & Gravy Carrots* WW Roll, Fruit+ <i>Holiday Dessert: Pudding</i></p> 
<p>20</p> <p>Vegetable Burrito Bowl+ over Brown Rice Spinach Salad w/Red Onions & Carrots* Fruit</p>	<p>21</p> <p>Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Lemon Seasoned Broccoli+ Fruit</p>	<p>22</p> <p>Baked Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Cucumber Salad Coconut Brown Rice Fruit</p>	<p>HOLIDAY 23 No Lunch Served</p>	<p>HOLIDAY 24 No Lunch Served</p>
				
<p>27</p> <p>Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup+* WW Roll, Fruit</p>	<p>28</p> <p>Baked Cod Melted Leeks in Cream Sauce* Cesar Salad+ WW Roll Fruit</p> 	<p>29</p> <p>Hearty Beef Stew* Vegetable Medley Salad* Biscuit Fruit+</p>	<p>Holiday Meal 30</p> <p>Ham <> Collard Greens Sweet Potatoes+* Cornbread Fruit <i>Holiday Dessert: Brownie</i></p> 	<p>HOLIDAY 31 No Lunch Served</p> <p>New Year's Eve</p> 

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward, San Leandro & Union City, and Rotary Club of Hayward.
For reservations, contact sites directly. For other inquiries call our Main kitchen: (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org