**Downtown Oakland Senior Center**

To reserve a lunch, call or email 24 hours in advance.

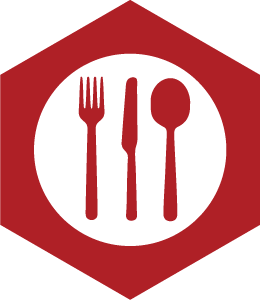
(510) 238-3284 | DOSC@oaklandca.gov

**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.





**February 2022**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| 1% Milk served each meal | **Chinese New Year 1** | **Ground Hog Day 2** | **3** | **4** |
| Menu subject to change  without notice | Chinese New Year 2022 Year Tiger Stock Vector (Royalty Free) 1893862459Beef Stir Fry  w/veggies +  Broccoli+  Brown Rice  Fruit  Treat: Fortune Cookie | Chicken & Leek Pie\*  with a Biscuit  Tossed Vegetable Salad\*  Cartoon Groundhog clipart transparent - Clipart WorldFruit+ | Egg Salad Sandwich  w/lettuce, tomatoes, onion  Cheddar Potato Soup+\*  Wheat bread  Fruit | Baked Cod with  Sun-dried Tomato Sauce  on bed of Spinach\*+  Garden Salad \*  Steamed Brussel Sprouts+  Rice Pilaf, Fruit |
| **7** | **8** | < > **9** | **10** | **11** |
| BBQ Chicken Sandwich  Fine Art students exhibit work at the Historic Dockyard Chatham to  celebrate Black History Month | School of Music and Fine Art NewsHearty Vegetable Soup+\*  Coleslaw+\*  Wheat Bun  Fruit | Fish w/Coconut Curry  Veggie Blend+\*  Vegetable Medley Salad\*  Brown Rice  Fruit | Vegetarian Enchilada Verde+  Cilantro Lime Coleslaw+  Chips  Fruit  Garnish: Sour Cream & Pico | C:\Users\bbruno\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9D27906D.tmpWW Spaghetti  w/meat sauce  Garden Salad\*  Seasoned Cauliflower +  Fruit | Turkey Caesar Salad  Lentil & Black Bean Soup+  Bread Stick  Fruit |
| **Valentine’s Day 14** | **15** | **16** | **17** | **18** |
| South-western Baked Cod  Valentines day activities, Holiday art projects, February craftsVegetable Blend+\*  WW Roll  Fruit  Dessert: Brownie | Chinese Lantern Clipart #1 | Chinese lanterns, Lanterns, Kyoto artChicken w/Lemon, Garlic  and Rosemary  Sweet Potatoes+\*  Green Beans  Biscuit, Fruit | Beef Burger w/Lettuce,  Tomato, Onion and Pickle  Vegetable Bean Soup  Wheat Bun  Fruit+ | Apricot Glazed Pork  Peas & Carrots\*  Mashed Potatoes  Brown Rice  Fruit+ | Pasta Primavera+\*  Spinach Salad  w/red onions & carrots\*  Garlic Bread  Fruit |
| **CLOSED for HOLIDAY 21** | **22** | **23** | **24** | **25** |
| **Image result for presidents day clipartNo Lunch Served** | Beef Stew\*  Garden Salad\*  Biscuit  Fruit+ | Baked Fish  w/Lemon Caper Sauce  Tomato Florentine Soup\*  Brussel Sprouts+  WW Roll, Fruit | Baked Potato  with Veg Chili+  Vegetable Medley Salad\*  Corn Bread  Fruit | Did you know that... - Black History Museum &amp; Cultural Center | FacebookChicken Gumbo  w/Okra  Red Beans  Brown Rice  Fruit + |
| **28** | Social History Images, Stock Photos &amp; Vectors | Shutterstock | Aldine Celebrates Black History Month – Aldine ISD |  | **KEY** |
| Teriyaki Chicken  Seasoned Broccoli+  Carrots\*  Brown Rice  Fruit |  |  | C:\Users\bbruno\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\D64E3BD8.tmp | + Vitamin C Source  \* Vitamin A Source  < > High Sodium Day  WW = Whole Wheat |

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