






DOWNTOWN OAKLAND SENIOR CENTER
 To reserve your take-out meal,
 please call (510) 238-3284 - 72 hours in advance.
 Leave a voicemail indicating the days of your choice.

Mon	Tue	Wed	Thu	Fri
<p>Suggested donation: \$3.75</p> <p>Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p>KEY</p> <p>+ Vitamin C Source</p> <p>* Vitamin A Source</p> <p><> High Sodium Day</p> <p>WW = Whole Wheat</p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>		<p align="center">HOLIDAY</p> <p align="center">No Lunch Served</p> 
<p align="right">4</p> <p>Veggie Burger with a Whole Wheat Bun Fiesta Corn Roasted Potatoes Fresh Fruit+</p>	<p align="right">5</p> <p>Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers Broccoli+ Fresh Fruit</p>	<p align="right">Cold Salad Meal 6</p> <p>Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll Low Sodium V8+ </p>	<p align="right">7</p> <p>Turkey Tetrazzini Peas and Carrot* Broccoli+ Fresh Fruit</p>	<p align="right">8</p> <p>Chicken Parmesan over WW Penne Pasta Cauliflower+ Peas Fresh Fruit</p>
<p align="right">11</p> <p>Spinach Lasagna+* Carrots* Warm Apricots Breadstick</p>	<p align="right">12</p> <p>Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun  Fresh Fruit</p>	<p align="right">Cold Salad Meal 13</p> <p>Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ Low Sodium V8+</p>	<p align="right">14</p> <p>Chicken Pot Pie with Biscuit Topping Herbed Cauliflower+ Spiced Peaches</p>	<p align="right">15</p> <p>Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit</p>
<p align="center">HOLIDAY</p> <p align="center">No Lunch Served</p> 	<p align="right">19</p> <p>Beef Tacos with WW Flour Tortilla Pinto Beans Vegetable Blend* Fruit Cup+</p>	<p align="right">Cold Salad Meal 20</p> <p>Asian Chicken Salad with Noodles & Vegetables* Edamame Mandarin Oranges Wheat Crackers, LS V8+</p>	<p align="right">21</p> <p>Creole Baked Fish over Rice Pilaf California Veggie Blend+* Peas and Onions Banana</p>	<p align="right">22</p> <p>Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit</p>
<p align="right">25</p> <p>Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Fresh Fruit</p>	<p align="right">26</p> <p>Breaded Cod <> Sandwich with Tartar Sauce Mixed Vegetables+ Roasted Potatoes Fresh Fruit</p>	<p align="right">Cold Salad Meal 27</p> <p>Chicken Ranch Salad on Romaine+ Three Bean Salad Marinated Tomatoes Wheat Crackers Low Sodium V8+</p>	<p align="right">28</p> <p>Chicken Cordon Bleu over Rice Pilaf Spinach* Peas and Onions Fresh Fruit+ </p>	<p align="right">29</p> <p>Swedish Meatballs over WW Noodles Peas Broccoli+ Fresh Fruit</p>

Spectrum thanks the following organizations for their financial support:
 Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, and the City of Hayward.
 Call sites directly for reservations. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org