

NORTH OAKLAND SENIOR CENTER
To reserve a lunch, call or email 24 hours in advance.
(510) 597- 5085 | NOSC@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
3 Beef Burger w/Lettuce, Tomato, Onion, & Pickle on a WW Bun Lentil & Black Bean Soup+ Fruit	4 Sweet and Sour Pork Steamed Broccoli + Carrots* Brown Rice Fruit 	5 Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Carrot Soup * WW Roll Fruit	6 Chile Verde Chicken Enchilada Casserole+* Black beans Steamed Corn Fruit	7 Spaghetti with Veggie Marinara+ Vegetable Medley Salad* Garlic Bread Fruit
10 Herb Baked Fish w/ Melted Leeks Cream Sauce* Cesar Salad+ WW Roll Fruit <i>Dessert: Pudding</i>	11 Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup+* WW Roll, Fruit	12 Beef Stir-Fry w/Broccoli & Cauliflower+ Spring Mix Salad with Cucumbers and Tomatoes Brown Rice Fruit	13 Spinach Lasagna+ <> Garden Salad * Bread Stick Fruit 	14 Turkey with Gravy Rosemary Potatoes Green Beans WW Roll Fruit+
HOLIDAY No Lunch Served 	18 Herb Baked Chicken Pesto Potatoes & Green Beans + Biscuit Fruit	19 Turkey Sloppy Joes + on WW Bun Garden Salad * Fruit	20 Tuna Salad Sandwich on WW Bread Cheddar Potato Soup+* Vegetable Medley Salad* Fruit	21 BBQ Pork Chop Red Cabbage+ Carrots* Brown Rice Fruit 
24 Albondingas Entrée Soup+* Tossed Vegetable Salad* WW Crackers Fruit	25 Veggie Burger w/Lettuce, Tomato, & Onion on a WW Bun Roasted Sweet Potatoes+* Fruit	26 Chicken Cacciatore+ over WW Penne Brussel Sprouts+ Fruit <i>Dessert: Cake</i> 	27 Glazed Meatloaf Mashed Potatoes & Gravy Peas & Carrots Blend* WW Roll Fruit +	28 Baked Fish w/ Lemon Caper Sauce Tomato Florentine Soup* Seasoned Broccoli+ Brown Rice, Fruit
31 Moroccan Chicken Sweet Potatoes +* Carrot & Chickpea Salad* WW Pita Bread Fruit			1% Milk served each meal Menu subject to change without notice.	
				<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</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



Nutrition Education



Aim to Drink 8 Servings of Water Each Day

Water is an essential nutrient that plays a crucial role in keeping your body systems working properly.

- ◆ Try adding in fruit or citrus slices to your water for added natural flavor
- ◆ Carry a refillable water bottle with you wherever you go
- ◆ Keep a glass of water next to you while you are at home
- ◆ Make water your drink of choice instead of soda

Sources:
The Academy of Nutrition and Dietetics

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January 2022

Start a Healthy New Year!

The New Year is a time to start off on the right foot and towards a healthier year ahead. For most people, the start of a New Year elicits New Year's resolutions. Some of the most common New Year's resolutions are diet and weight based. Instead of referring to trendy fad diets or resolutions that may set you up for failure, try shifting your focus on setting small, attainable and realistic goals. This helps to take the pressure off and by setting goals in this manner you are more likely to stick with it.



Here are some healthy goals you may want to use:

Make a Meatless Day: By eating meatless one day (or more) a week it not only can improve your health, but it can help the environment. Try including plant-based proteins like beans and legumes.

Get more of the Sunshine Vitamin (Vitamin D): Vitamin D plays an important role in bone health. Try spending 5-10 minutes in the sun, 2-3 times per week.

Practice Mindful Eating: Be present and in the moment when eating. Use all of your senses and savor each bite.

Try new plant-based recipes: Research shows that plant-based diets, such as ones that include plant-based proteins, are associated with lower risks of heart disease, obesity, hypertension, type 2 diabetes and certain cancers. Try a new recipe once a week using vegetables, grains, legumes or fruit as the main entrée.

Focus on what you can eat and not what you can't: Try focusing on adding in more nutritious foods to your plate instead of what you should avoid.



Have a Happy Nutritious New Year!

