

NORTH OAKLAND SENIOR CENTER

Please sign up or call site directly for reservations 24 hours in advance









510.597.5085 | nosc@oaklandca.gov

Lunch available for pick-up between 12noon – 12:30pm

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
Closed for Holiday 2 	New Year Holiday Meal 3 Baked Chicken w/Lemon, Garlic & Rosemary Collard Greens & Black-Eyed Pea Soup Sweet Potatoes*, WW Roll Fruit+, Dessert	NEW 4 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodles+ Fruit	5 NO LUNCH SERVED DUE TO COD ON MENU. If interested, call DOSC at (510) 238-3284 to reserve and pick up.	6  Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit
9 NO LUNCH SERVED DUE TO COD ON MENU. If interested, call DOSC at (510) 238-3284 to reserve and pick up.	10 Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+	11  Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit	NEW 12 Turkey Cabbage Roll Entrée Soup+* House Salad WW Roll Fruit	13 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit
Closed for Holiday 16 	17  Veggie Burger on WW Bun with Leaf Lettuce, Tomato, & Onion Carrot Chickpea Salad*+ Fruit	18 NO LUNCH SERVED DUE TO COD ON MENU If interested, call DOSC at (510) 238-3284 to reserve and pick up.	NEW 19 Chicken Parmesan with Marinara Sauce over WW Pasta Cesar Salad Carrots*, Fruit+	Chinese New Year 20 Beef Stir Fry w/veggies + Broccoli+ Brown Rice Fruit Fortune Cookie 
23 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+	24 Baked Southwestern Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	25 Chicken Cacciatore with WW Pasta+ Baby Carrots* Fruit	26  Veggie Shawarma+ Ginger Sweet Potato Soup* WW Pita Fruit Dessert	27 Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+
30 NO LUNCH SERVED DUE TO COD ON MENU. If interested, call DOSC at (510) 238-3284 to reserve and pick up.	31  Italian Turkey Soup+ Large House Salad* Garlic Bread Fruit		1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day

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



Brain Food

By incorporating the foods mentioned into your daily diet it is not only enjoyable to eat but you are taking part in supporting overall memory and brain health.

Foods to Support Your Memory

Did you know that nutrition can impact overall brain health? In particular, there are foods that play important roles with cognitive functions and the ability to remember.

Let's see what on the memory supporting menu below!

Fish: Many types of fish contain a nutrient called DHA which is an omega-3 fatty acid. Long term intakes of adequate DHA have been linked to improved memory and reduced rates of cognitive decline. Oily fish contain DHA such as: salmon, sardines, trout, tuna, mackerel, and herring. *When possible, aim to eat fish high in DHA two times per week.*

Walnuts: Walnuts are a plant-based omega-3 fatty acid that may improve cognitive function. *Try adding walnuts to oatmeal, salad, or have a handful of raw walnuts for a healthy snack.*

Dark Colored Berries: Berries such as blueberries, cherries, and blackberries contain a flavonoid called anthocyanins and other flavonoids that may help support memory function. *When fresh berries are not available or in season, frozen berries are a great substitute to keep on hand year-round.*

Leafy Greens: Studies have found that kale, spinach, swiss chard, and collard greens are a few dark leafy greens that may slow cognitive decline and may improve memory. *Aim to include at least one cup of dark leafy greens to your diet every day. You can add greens to a soup, salad, or sautéing with garlic.*



Sources: EatRight.org

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