***Downtown Oakland Senior Center***

***To reserve your take-out meal,***

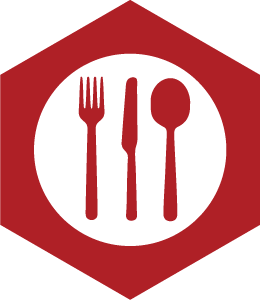
***please call (510) 238-3284 or email DOSC@oaklandca.gov***

***72 hours in advance indicating the days of your choice.***

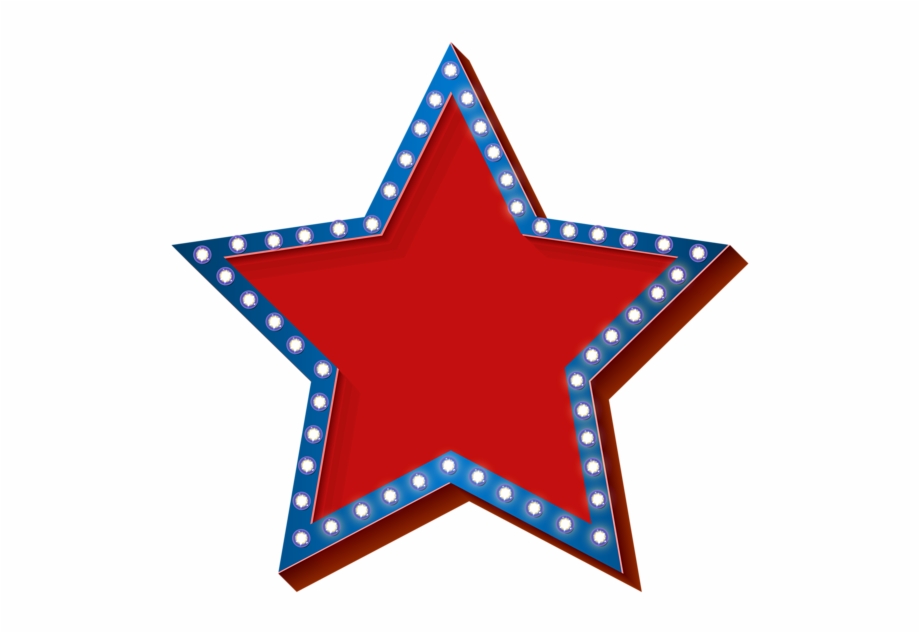
Spectrum is working in collaboration with

SOS Meals on Wheels to deliver chilled, portioned meals.

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JULY 2021

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| --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| **Suggested donation: $3.75** | **KEY** | **1% Milk served each meal** | **1** | **< >** **2** |
| Any additional contribution is greatly appreciated.    No registered senior over 60 will be refused a meal due to lack of funds. | + Vitamin C Source  \* Vitamin A Source  < > High Sodium Day  WW = Whole Wheat  LS = Low Sodium | **Menu subject to change without notice.** | Turkey Tetrazzini  Cool Melon Relaxing Watermelon With Sunglasses Tapestry - Textile by EQ  DesignsGreen Beans  Mixed Vegetables+\*  Fresh Fruit | BBQ Chicken  Roasted Potatoes & Peppers\*  Sweet Corn  Seasonal Fresh Fruit  Corn Muffin |
| **HOLIDAY** **5** | **6** | **Cold Salad Meal 7** | **8** | **9** |
| ***Happpy Memorial Day Images 2021 | Memorial Day Pictures - Happy Memorial Day  Images 2021, Memorial Day Hd Images, Vintage Memorial Day Images, Memorial  Day Quot… | Happy independence day images, IndependenceNo Lunches Served*** | Meat Loaf with Gravy  Mashed Potatoes  Broccoli+  Whole Wheat Roll  Fresh Fruit | Seafood Salad  on Romaine+  Marinated Tomatoes  Pasta and Vegetable Salad  LS V8+ | Teriyaki Chicken  over Chow Mein Noodles  Steamed Cabbage+  Carrots\*  Fresh Banana | Pepper Steak  Mashed Potatoes  Peas & Pearl Onions  Whole Wheat Bread  Fresh Fruit+ |
| **12** | **13** | **Cold Salad Meal 14** | **15** | **16** |
| Vegetable and Black Bean  Fajitas  Fiesta Corn  Wheat Tortilla  Seasonal Fresh Fruit | Creole Baked Fish  over Rice Pilaf  California Veggie Blend+\*  Brussels Sprouts+  Banana | Patriotic Bird High Res Stock Images | ShutterstockChicken Ranch Salad  on Romaine+  3-Bean Salad  Beets  Bran Muffin, LS V8+ | Turkey Chili  Brown Rice  Capri Vegetables\*  Seasonal Fresh Fruit+ | Pasta, Beef, and Tomato  Casserole  Cauliflower+  Carrot Coins\*  Seasonal Fresh Fruit |
| **19** | **20** | **Cold Salad Meal 21** | **22** | **23** |
| French Toast  Veggie Sausage  Breakfast Potatoes  Warm Applesauce  Fruit Juice w/C+ | Swedish Meatballs  Cute smiling suns smile sun emoji summer sun Vector Image over WW Noodles  Mixed Vegetables  Broccoli+  Fresh Fruit | Egg Salad on Romaine+  Pineapple Coleslaw+  Fruit Cocktail  Wheat Crackers  LS V8+ | Chicken Pot Pie  with Biscuit Topping  Spinach  Spiced Peaches | Beef Tacos  with WW Tortilla  Pinto Beans  Vegetable Blend\*  Fruit Cup+ |
| **26** | **27** | **Cold Salad Meal 28** | **29** | **30** |
| Spaghetti  with Mushroom Balls  Brussels Sprouts+  Cinnamon Apples | Pulled Pork  Steamed Cabbage+  Capri Vegetables+  Whole Wheat Bun  Fresh Fruit | Orange, Brown Rice,  and Chicken Salad  Carrot Raisin Salad  Pears  LS V8+ | Chicken Parmesan  over WW Penne Pasta  Cauliflower+  Broccoli+  Fresh Fruit | Free Clipart Of A Patriotic Usa Pinwheel - Fourth Of July Pinwheel Clipart  - Png Download - Full Size Clipart (#4598) - PinClipartSweet and Sour Beef  over White Rice  Baby Carrots\*  Green Beans  Seasonal Fresh Fruit+ |

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.

For reservations call sites directly. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org