***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 DayWW = Whole WheatLS = Low Sodium | **Menu subject to change without notice.** | Turkey TetrazziniCool Melon Relaxing Watermelon With Sunglasses Tapestry - Textile by EQ  DesignsGreen BeansMixed Vegetables+\*Fresh Fruit | BBQ ChickenRoasted Potatoes & Peppers\*Sweet CornSeasonal Fresh FruitCorn 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 GravyMashed PotatoesBroccoli+Whole Wheat RollFresh Fruit | Seafood Salad  on Romaine+Marinated TomatoesPasta and Vegetable SaladLS V8+ | Teriyaki Chicken  over Chow Mein NoodlesSteamed Cabbage+Carrots\*Fresh Banana | Pepper SteakMashed PotatoesPeas & Pearl OnionsWhole Wheat BreadFresh Fruit+ |
| **12** | **13** | **Cold Salad Meal 14** | **15** | **16** |
| Vegetable and Black Bean  FajitasFiesta CornWheat TortillaSeasonal 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 ChiliBrown RiceCapri Vegetables\*Seasonal Fresh Fruit+ | Pasta, Beef, and Tomato  CasseroleCauliflower+Carrot Coins\*Seasonal Fresh Fruit |
| **19** | **20** | **Cold Salad Meal 21** | **22** | **23** |
| French ToastVeggie SausageBreakfast PotatoesWarm ApplesauceFruit Juice w/C+ | Swedish MeatballsCute smiling suns smile sun emoji summer sun Vector Image over WW NoodlesMixed Vegetables Broccoli+Fresh Fruit | Egg Salad on Romaine+Pineapple Coleslaw+Fruit CocktailWheat CrackersLS V8+ | Chicken Pot Pie with Biscuit ToppingSpinach Spiced Peaches | Beef Tacos  with WW TortillaPinto BeansVegetable Blend\*Fruit Cup+ |
| **26** |  **27** | **Cold Salad Meal 28** | **29** | **30**  |
| Spaghetti  with Mushroom BallsBrussels Sprouts+Cinnamon Apples | Pulled Pork Steamed Cabbage+Capri Vegetables+Whole Wheat BunFresh Fruit | Orange, Brown Rice,  and Chicken SaladCarrot Raisin SaladPears LS V8+ | Chicken Parmesan over WW Penne PastaCauliflower+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 RiceBaby Carrots\*Green BeansSeasonal 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