





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
<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p style="text-align: right;">1</p> <p>Cod w/Coconut Curry Sauce Spinach Salad w/Carrots, & Diced Red Onions+* Vegetable Blend+ Brown Rice, Fruit</p>	<p style="text-align: right;">2</p> <p>Egg Salad Sandwich w/Lettuce, Tomatoes, Onion Mushroom Barley Soup Wheat bread Fruit+</p>	<p style="text-align: right;">3</p> <p>Turkey & Veggie Fajitas+ Soft WW Tortilla Black Beans Fruit <i>Garnish: Pico de gallo</i></p>	<p style="text-align: right;">4</p> <p>Beef Stir Fry Broccoli+ Brown Rice Fruit+</p> 
<p style="text-align: right;">7</p> <p>Cheese Tortellini w/Pesto Tomato Rice Soup Carrots * Fruit +</p> 	<p style="text-align: right;">8</p> <p>Baked Lemon Chicken with Mushroom Sauce Seasoned Broccoli + Brown Rice Fruit</p>	<p style="text-align: right;">9</p> <p>WW Spaghetti w/Meat Sauce Vegetable Medley Salad* Seasoned Cauliflower+ Fruit</p>	<p style="text-align: right;">10</p> <p>Baked Cod Orzo with Spinach, Chickpea and Lemon Vegetable Blend+* WW Roll, Fruit</p>	<p style="text-align: right;">11</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+ <i>Garnish: cheese & onion</i></p>
<p style="text-align: right;">14</p> <p>Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Vegetable Medley Salad* Steamed Brussel Sprouts+ Rice Pilaf Fruit</p>	<p style="text-align: right;">15</p> <p>Apricot Glazed Pork Mashed Potatoes Peas & Carrots* WW Roll Fruit+</p>	<p style="text-align: right;">16</p> <p>Chicken Tetrizzini with WW Penne Tossed Vegetable Salad* Fruit+</p>	<p style="text-align: right;">17</p> <p style="text-align: center;">St. Patrick's Day</p> <p>Corned Beef Potato Cabbage Soup+ Carrots* WW Roll Fruit Dessert: Jello</p> 	<p style="text-align: right;">18</p> <p>Vegetable Burrito Bowl + over brown rice Spinach Salad w/red onions & carrots* Fruit</p>
<p style="text-align: right;">21</p> <p>Chicken Quarter with BBQ Sauce Hearty Vegetable Soup+* Green Beans WW Roll, Fruit</p>	<p style="text-align: right;">22</p> <p>Beef Stroganoff with Egg Noodles Cauliflower & Carrots+ Fruit</p> 	<p style="text-align: right;">23</p> <p>Turkey Sloppy Joes+ Coleslaw Broccoli+ WW Bun Fruit</p>	<p style="text-align: right;">24</p> <p>Spinach Lasagna+ Vegetable Medley Salad* Garlic Bread Fruit</p>	<p style="text-align: right;">25</p> <p>Southwestern Baked Cod White Bean & Kale Soup+ Carrots* Brown Rice Fruit</p>
<p style="text-align: right;">28</p> <p>Beef Stew* Vegetable Medley Salad* WW Roll Fruit+</p>	<p style="text-align: right;">29</p> <p>Turkey Cesar Salad* Lentil & Black Bean Soup+ Bread Stick Fruit</p>	<p style="text-align: right;">30</p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>	<p style="text-align: right;">31</p> <p style="text-align: center;">HOLIDAY</p> <p style="text-align: center;">Center Open No Lunch Served</p> 	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>



Nutrition Education



March for Meals

The annual March for Meals celebration commemorates the historic day on March 22, 1972, when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This year, Meals on Wheels programs from across the country are joining forces for the awareness campaign to celebrate 50 years of success and garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

Sources:
The Academy of Nutrition and Dietetics

Provided by Heather Cuellar, RD
Presented by: Becky Bruno,
Senior Meals Program Manager

March 2022

National Nutrition Month

National Nutrition Month is an annual campaign created by the Academy of Nutrition and Dietetics. This year's campaign is to "Celebrate a World of Flavors." Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity.



Academy of Nutrition and Dietetics

Here are some helpful and healthy tips to celebrate:



COOK AND PREP

Try to incorporate your favorite cultural foods and traditions



MEAL PLANNING

Make healthful food and drink choices when at home and away



VARY YOUR DIET

Try new flavors and foods from around the world



CONSULT A REGISTERED DIETITIAN NUTRITIONIST (RDN)

Ask your Dr for a referral for an RDN
Receive personalized nutrition advice to meet your needs