

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
<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day</p>	<p>1</p> <p>Thai Chicken Broccoli Entrée Soup+ Sesame Ginger WW Noodles+ Fruit</p>	<p>Dr. Seuss's Birthday 2</p> <p>Greek Cod w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad WW Roll Fruit, Dessert</p> 	<p>3</p> <p>Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit</p>
<p>6</p> <p>Turkey Cabbage Roll Entrée Soup+* House Salad WW Roll Fruit</p>	<p>7</p> <p>Cod Fish Tacos+ w/WW tortilla & Mexican Slaw Aztec Soup+* Black Beans, Fruit</p> 	<p>8</p> <p>Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+</p> 	<p>9</p> <p>Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit</p> 	<p>10</p> <p>Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit</p>
<p>13</p> <p>Veggie Shawarma+ Ginger Sweet Potato Soup* WW Pita Fruit</p> 	<p>14</p> <p>Chicken Stew* Vegetable Medley Salad* WW Roll Fruit+</p> 	<p>15</p> <p>Baked Southwestern Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit</p>	<p>16</p> <p>Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit</p>	<p>St. Patrick's Day 17</p> <p>Corned Beef < > Roasted Potatoes Cabbage & Carrots* WW Roll Fruit, Dessert</p> 
<p>First day of Spring 20</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p> 	<p>21</p> <p>Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+</p>	<p>22</p> <p>Chicken Cacciatore+ with WW Pasta Baby Carrots* Fruit</p> 	<p>23</p> <p>Baked Cod w/Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup+* Fruit</p>	<p>24</p> <p>Veggie Burger on WW Bun w/Lettuce, Tomato & Onion Chickpea Carrot Salad+* Fruit</p> 
<p>27</p> <p>Baked Cod w/Lemon-Caper Sauce over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+</p>	<p>28</p> <p>Chef Entrée Salad+* WW Roll Fruit</p> 	<p>29</p> <p>Turkey Cranberry Sandwich on WW Bread w/Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit</p>	<p>30</p> <p>Teriyaki Chicken Ginger Sweet Potato Soup* Vegetable Blend+* Pineapple Vegetable Rice Fruit</p>	<p>HOLIDAY 31</p> <p>Center Closed</p> 

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, Eden Health District, 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



DASH Your Way Healthy

Have you heard of the DASH eating plan? The Dietary Approaches to Stop Hypertension (DASH) is an eating plan to help lower blood pressure. In addition, it has other health benefits such as reducing cardiovascular risk factors. While the DASH diet was originally developed for people with hypertension (high blood pressure), anyone can follow it!

Did you know?

No matter your calorie needs for the day, the DASH diet recommends no more than 2,300 mg of sodium per day, although additional benefits may be seen in reducing blood pressure for those who limit sodium to 1,500 mg.

For reference, 2,300 mg is equivalent to 1 teaspoon of table salt.



Food encouraged on the DASH Diet:

Vegetables, fruits, whole grains, beans, nuts, seeds, fish, poultry, fat free or low fat dairy, and vegetable oils.

Foods to avoid or limit:

Sugar sweetened beverages, foods high in saturated fats, fatty meats, full-fat dairy, tropical oils such as coconut oil and palm oils, and sweets.

DASH Eating Plan	
The Benefits: Lowers blood pressure & LDL "bad" cholesterol.	
✔ Eat This	⚠ Limit This
Vegetables	Fatty meats
Fruits	Full-fat dairy
Whole grains	Sugar sweetened beverages
Fat-free or low-fat dairy	Sweets
Fish	Sodium intake
Poultry	
Beans	
Nuts & seeds	
Vegetable oils	

www.nhlbi.nih.gov/DASH

Sources: Eatright.org & nhlbi.nih.gov

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