

**DOWNTOWN OAKLAND SENIOR CENTER**











To reserve a lunch, call or email 72 hours (3 days) in advance.  
(510) 238-3284 | DOSC@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><b>2</b></p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+</p>	<p><b>NEW 3</b></p> <p>Chef Entrée Salad WW Roll Fruit+</p> 	<p><b>NEW 4</b></p> <p>Shelf Stable Meal with fresh fruit and milk.</p> <p><b>OLDER AMERICANS MONTH VIRTUAL WATCH PARTY</b></p>	<p><b>Cinco de Mayo 5</b></p> <p>Pork Carnitas &lt;&gt; Lentil Taco Soup Salad w/Fruit and Nuts +* Spanish Rice Garnish: sour cream, tortilla chips, lime wedge</p> 	<p><b>6</b></p> <p>Glazed Meatloaf Mashed Potatoes w/Gravy Peas &amp; Carrots* WW Roll Fruit+</p>
<p><b>9</b></p> <p>Egg Salad Sandwich on WW Bread w/ Lettuce, Tomato and Onion Chef's Choice Soup Fruit+</p>	<p><b>10</b></p> <p>Turkey Chili Tossed Vegetable Salad Cornbread Fruit + Garnish: cheese and onion</p>	<p><b>NEW 11</b></p> <p>Veggie Stir Fry House Salad* Brown Rice Fruit + Dessert</p> 	<p><b>12</b></p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>	<p><b>13</b></p> <p>Southwestern Baked Cod Southwest Side Salad Carrots * Rice Pilaf Fruit+</p> 
<p><b>NEW 16</b></p> <p>Meatball Sub Italian Cut Green Beans Spinach Medley Salad* Fruit+ Garnish: shredded cheese</p>	<p><b>17</b></p> <p>Herb Baked Chicken Potato Cabbage Soup Peas &amp; Carrots * WW Roll Fruit+</p> 	<p><b>18</b></p> <p>Baked Cod w/Coconut Curry Sauce Cabbage Slaw Seasoned Cauliflower+ Rice Pilaf, Fruit</p>	<p><b>19</b></p> <p>Pasta w/ Marinara Sauce Brussels Sprouts + House Salad* Garlic Bread Fruit</p> 	<p><b>20</b></p> <p>Sweet &amp; Sour Pork Broccoli + Asian Blend Vegetables Brown Rice Fruit</p>
<p><b>23</b></p> <p>Imitation Crab &amp; Egg Salad over Romaine w/tomato Hearty Vegetable Soup* WW Bread Fruit +</p> 	<p><b>24</b></p> <p>Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert Garnish: sour cream</p>	<p><b>NEW 25</b></p> <p>Pesto Tortellini Primavera+ Tomato Soup Garlic bread Fruit</p> 	<p><b>26</b></p> <p>Albondigas Entrée Soup +* with Meatballs Tossed Vegetable Salad Roasted Corn Tortilla Chips Fruit</p>	<p><b>27</b></p> <p>BBQ Chicken Sandwich on WW Bun w/ Lettuce, Tomato and Onion Broccoli Cranberry Salad + Fruit</p>
<p><b>HOLIDAY 30</b></p> <p>CENTER CLOSED</p> <p><b>MEMORIAL DAY</b></p> <p><b>REMEMBER &amp; HONOR</b></p> 	<p><b>NEW 31</b></p> <p>Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous Fruit</p>	 <p><b>MAY IS OLDER AMERICANS MONTH</b></p>	<p><b>1% Milk served each meal</b></p> <p><b>Menu subject to change without notice</b></p>	<p><b>KEY</b></p> <p>+ Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>