

# NORTH OAKLAND SENIOR CENTER

Please sign up or call site directly for reservations 24 business hours in advance

510.597.5085 | nosc@oaklandca.gov

Reserved lunches 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**

## May 2023

| Mon  | Tue  | Wed  | Thu   | Fri   |
|--|--|--|---|---|
| <p style="text-align: right;">✔ 1</p> <p>Veggie Burger<br/>on WW Bun with Lettuce,<br/>Tomato &amp; Onion<br/>Chickpea<br/>Carrot Salad*<br/>Fruit+</p>  <p style="text-align: right;"><i>May Day</i></p> | <p style="text-align: right;">2</p> <p>Asian Chicken Salad+<br/>Ginger Sweet Potato Soup*<br/>WW Roll<br/>Fruit</p>  | <p style="text-align: right;">3</p> <p>Turkey Soft Tacos+<br/>w/Shredded Lettuce,<br/>Diced Tomatoes &amp; Onions<br/>Pinto Beans<br/>WW Tortilla<br/>Fruit</p>  | <p style="text-align: right;">4</p> <p><b>NO LUNCH AT NOSC<br/>DUE TO COD ON MENU.<br/>If interested, call DOSC<br/>at (510) 238-3284 to reserve<br/>and pick up.</b></p>  | <p style="text-align: right;">5</p> <p><b>Cinco de Mayo</b><br/>Taco Soup<br/>Black Beans<br/>Cilantro Lime Rice<br/>Fruit+<br/>Dessert</p>  |
| <p style="text-align: right;">8</p> <p>Turkey &amp; Veggie Saute<br/>Roasted Cauliflower+<br/>Brown Rice<br/>Fruit</p>   | <p style="text-align: right;">9</p> <p>Cabbage Roll Soup*+<br/>Vegetable Medley Salad*<br/>WW Roll<br/>Fruit</p>   | <p style="text-align: right;">10</p> <p><b>NO LUNCH AT NOSC<br/>DUE TO COD ON MENU.<br/>If interested, call DOSC<br/>at (510) 238-3284 to<br/>reserve and pick up.</b></p>  | <p style="text-align: right;">✔ 11</p> <p>Veggie Burrito Bowl+<br/>over Brown Rice<br/>Tossed Vegetable Salad*<br/>Fruit</p>  | <p style="text-align: right;">12</p> <p>Garlic Rosemary Lemon<br/>Chicken<br/>Rosemary Red Potatoes<br/>Carrots*<br/>Brown Rice<br/>Fruit+</p>  |
| <p style="text-align: right;">15</p> <p>Teriyaki Chicken<br/>Brussels Sprouts+<br/>Asian Vegetable Blend+*<br/>Pineapple Veg Rice<br/>Fruit</p>  | <p style="text-align: right;">✔ 16</p> <p>Large Chef Entrée Salad*<br/>WW Roll<br/>Fruit+<br/>Dessert</p>  | <p style="text-align: right;">17</p> <p>Apricot Glazed Chicken<br/>Vegetable Blend+*<br/>Spinach Medley Salad*<br/>Rice Pilaf<br/>Fruit+</p>   | <p style="text-align: right;">18</p> <p>Tuna Sandwich<br/>on WW Bread with<br/>Lettuce, Tomato &amp; Onion<br/>Hearty Vegetable Soup+*<br/>Fruit</p>  | <p style="text-align: center;">&lt; &gt;</p> <p style="text-align: right;">19</p> <p>Carnitas Pulled Pork<br/>on WW Bun with<br/>Mexican Coleslaw+<br/>Pinto Beans<br/>Roasted Corn, Fruit+</p>                                 |
| <p style="text-align: right;">22</p> <p>Baked Cod<br/>w/ Lemon-Caper Sauce<br/>Tomato Florentine Soup*<br/>Green Beans<br/>Brown Rice, Fruit+</p>  | <p style="text-align: right;">23</p> <p>Turkey Cranberry Sandwich<br/>on WW Bread with<br/>Lettuce, Tomato &amp; Onion<br/>Broccoli Raisin Salad+<br/>Fruit</p>                              | <p style="text-align: right;">✔ 24</p> <p>Vegetable Stir Fry+*<br/>House Salad*<br/>Brown Rice<br/>Fruit</p>   | <p style="text-align: right;">25</p> <p>Southwestern Chicken<br/>Salad+*<br/>Black Bean<br/>&amp; Lentil Soup+<br/>Chips, Fruit</p>                                      | <p style="text-align: right;">26</p> <p>Salisbury Steak<br/>w/Mushrooms &amp; Onions<br/>Mashed Potatoes<br/>Peas &amp; Carrots*<br/>WW Roll, Fruit+</p>  |
| <p style="text-align: center;"><b>HOLIDAY</b> 29<br/>CENTER CLOSED<br/><b>MEMORIAL DAY</b><br/><br/>REMEMBER &amp; HONOR</p>   | <p style="text-align: right;">30</p> <p>Egg Salad Sandwich<br/>on WW Bread with<br/>Lettuce, Tomato &amp; Onion<br/>Chef's Choice Veg Soup<br/>Fruit+</p>                                    | <p style="text-align: right;">31</p> <p>Turkey Chili<br/>Tossed Vegetable Salad*<br/>Cornbread<br/>Fruit+</p>  | <p>1% Milk served each meal</p> <p><b>Menu subject to change<br/>without notice</b></p>   | <p><b>KEY</b><br/>+ Vitamin C Source<br/>* Vitamin A Source<br/>&lt; &gt; High Sodium Day<br/>WW = Whole Wheat<br/>✔ = Vegetarian Day</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



## Vitamin A

### What is Vitamin A?

Vitamin A is a fat-soluble vitamin that is most known for playing a key role in healthy vision. Vitamin A can come from both animal and plant sources. It can also be made from compounds in plant foods called, carotenoids. Many brightly colored orange, yellow, red and dark green fruits and vegetables contain carotenoids.

### Did you know?

Spectrum meals provide 1/3 of your dietary recommended intake for Vitamin A, at least 3 times per week.

Look for the \* symbol on our menu to identify our vitamin A sources.

### What are the benefits of Vitamin A?

- Helps you to see at night and preserve vision
- Fights infections
- Maintains healthy skin and bones
- Regulates cell growth and division
- A key structural component in the development and maintenance of the heart, lungs, kidneys, and other organs

### What are good sources of Vitamin A?

Red bell peppers, carrots, cantaloupe, kale, sweet potatoes, eggs, liver, apricots, Fortified Vitamin A milk, pumpkin, eel and more.



### Here are some ways you can add vitamin A sources to your diet:

- Swap regular potatoes for sweet potatoes
- Add spinach in omelets, soups, salads, pasta, and rice
- Snack on carrots, red bell peppers & dried apricots
- Add canned pumpkin to pancake mix or whenever baking

Source:

The Academy of Nutrition and Dietetics  
and  
Understanding Nutrition  
by Whitney and Rolfes

Created by: Heather Cuellar, RD

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Spectrum Program Manager

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