



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
1	2	3	4	5
Herb Baked Chicken Endive Soup Carrots * Brown Rice Fruit + 	Cheesy Veggie Rice Casserole ++* Tossed Vegetable Salad * Garlic Bread Fruit	Angie's Asian Chicken Salad + WW Roll Fruit Treat: Fortune Cookie	Tuna Salad Sandwich on WW Bread Minestrone Soup Spinach Salad with Fruit & Nuts*+ Fruit	Beef Stew* Vegetable Medley Salad* WW Roll Fruit +
8	9	10	HOLIDAY 11	12
Baked South-western Cod Split Pea Soup Carrots * Brown Rice Fruit +	Chicken and Leek Pie (includes biscuit) Vegetable Medley Salad * Fruit +	Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil & Black Bean Soup + Fruit	No Lunch Served 	Spaghetti w/Vegetable Marinara Sauce + Garden Salad * Garlic Bread Fruit
15	16	17	18	<> 19
Salisbury Steak Mashed Potatoes & Gravy Squash WW Roll Pineapple Fruit Cup+	Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+	Mock Crab Salad over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit + 	Spinach Mushroom Lasagna+ Garden Salad * WW Roll Fruit	Chicken Enchilada Verde Casserole+* Black Beans Vegetable Medley Salad* Fruit
22	23	Thanksgiving Meal 24	HOLIDAY 25	HOLIDAY 26
BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad + Fruit	Cod w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts + Rice Pilaf Fruit	Braised Roast Turkey with Gravy Rosemary Roasted Potatoes Green Beans Cranberry Sauce, WW Roll Dessert: Sweet Potato Pie	No Lunch Served 	
29	30		Menu subject to change without notice.	KEY
Baked Potato with Broccoli and Cheese Spinach Salad with Fruit & Nuts +* Fruit	Chicken Dijon Hearty Vegetable Soup+* Carrots * Brown Rice Fruit 		1% Milk served each meal	+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat