



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

