











NORTH OAKLAND SENIOR CENTER | (510) 597-5085
 To reserve lunch, please call Mon - Fri, 9:30am -2:30pm
 or Email: nosc@oaklandca.gov by 12noon, 72 hours in
 advance. Take away pick-up between 12 - 12:30pm.

Same low rate since 2014!
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
OCTOBER 31	NEW 1	NEW 2	3	4
Drippy Bones (Chicken Drumsticks drizzled with Marinara and Pesto Sauce) Pumpkin Soup Peas & Carrots, Garlic Bread Fruit+, Sweet Treat	Chicken Stew* Green Beans WW Roll Fruit+ 	Ground Turkey with Sweet Potatoes & Kale* Roasted Zucchini WW Roll Fruit+	Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Couscous Fruit	Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit
7	NEW 8	9	NEW 10	HOLIDAY 11
Veggie Burger on WW Bun with Leaf Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+	Cod Fish Tacos+ with Mexican slaw Azteca Soup Black Beans Cilantro Rice, Fruit 	Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale + Brown Rice Fruit	Turkey Butternut Squash Casserole* Green Beans WW Roll Fruit + 	Center Closed No Lunch Served 
14	15	NEW 16	17	NEW 18
Turkey Soft Tacos + with Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit	Apricot Glazed Pork Tuscan Bean Soup Carrot Coins* Rice Pilaf Fruit+	Asian Veggie Curry* Broccoli+ Brown Rice Fruit 	Chicken Leek Pie* Tossed Vegetable Salad* Biscuit Fruit+	Blackened Fish with Creole Sauce Rosemary Red Potatoes Vegetable Blend+* Cornbread Fruit
21	22	Thanksgiving Meal 23	HOLIDAY 24	HOLIDAY 25
Baked Cod with Sun-dried Tomato Sauce Hearty Vegetable Soup+* Rice Pilaf Fruit	Beef Stew* Vegetable Medley Salad* WW Roll Fruit+	Braised Roast Turkey with Gravy & Cranberry Sauce Rosemary Roasted Potatoes Green Beans, WW Roll Fruit+, Dessert	Center Closed No Lunch Served 	Center Closed No Lunch Served
28	29	30	1% Milk served each meal Menu subject to change without notice KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day	
Veggie Stir Fry +* House Salad Brown Rice Fruit 	Italian Turkey Soup Large Tossed Veg Salad* Garlic Bread Fruit+	Baked Cod with Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice, Fruit+		

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



Reservations Required

Please contact the site of your choice directly to make a reservation for your meal at least 3 days in advance.

Meal sites are required to provide an estimate every Monday for the following week, so the earlier you reserve, the better for planning.

If you are unable to come on day of your reservation, please notify site as soon as possible. If you are a “no show” with no notice to the site then future reservations may be cancelled. Thank you.

Sources:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/5-tips-for-keeping-takeout-food-safe-to-eat>

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KEEP TAKE AWAY MEALS SAFE

Spectrum Senior Meals continues to offer Take Away meals from our Partner Meal Sites while flexibilities for Congregate Meals remain in California.

Please be aware: food that travels and spends too long outside of heating or cooling elements, like ovens, steam tables or refrigerators, can begin to grow harmful bacteria, which can then make you sick. However, this can be prevented by following a few simple safety measures.



Here are tips to make sure your take away meal is safe:

- **Keep your trip short.** The most important tip to remember is to reduce the amount of time between pickup and mealtime.
- **Keep foods of different temperatures separate.** Do your best to keep hot foods hot and cold foods cold. If you need to travel more than 30 minutes, bring some insulated coolers to maintain food temperatures. While coolers are effective at keep keeping food cold, they can also be used to maintain warmer temperatures.
- **Reheat properly.** If you need to reheat the meal, reheat it in the microwave, on the stove, or in an oven until the internal temperature reaches 165 F (74 C). Slow cookers aren't recommended for reheating meals because these devices may not heat foods hot enough to kill the bacteria. They may also reheat your foods too slowly and result in bacteria growth. **Plastic take-away containers should not be placed in the oven or on the stove. Please reheat contents in appropriate pot or pan.*
- **Eat right away and enjoy!** If you plan to eat it at later time, the meal should be refrigerated immediately.