










**NORTH OAKLAND SENIOR CENTER | (510) 597-5085**  
 To reserve lunch, please call Mon - Fri, 9:30am -2:30pm  
 or Email: [nosc@oaklandca.gov](mailto: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
<b>OCTOBER 31</b>	<b>NEW 1</b>	<b>NEW 2</b>	<b>3</b>	<b>4</b>
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+	<i>No LUNCH TODAY (Cod on the Menu)</i> <i>If interested, reserve and pick-up at DOSC at (510) 238-3284</i>	Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit
<b>7</b>	<b>NEW 8</b>	<b>9</b>	<b>NEW 10</b>	<b>HOLIDAY 11</b>
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 + 	<b>Center Closed   No Lunch Served</b> 
<b>14</b>	<b>15</b>	<b>NEW 16</b>	<b>17</b>	<b>NEW 18</b>
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+	<i>No LUNCH TODAY (Cod on the Menu)</i> <i>If interested, reserve and pick-up at DOSC at (510) 238-3284</i>
<b>21</b>	<b>22</b>	<b>Thanksgiving Meal 23</b>	<b>HOLIDAY 24</b>	
<i>No LUNCH TODAY (Cod on the Menu)</i> <i>If interested, reserve and pick-up at DOSC at (510) 238-3284</i>	Beef Stew* Vegetable Medley Salad* WW Roll Fruit+	Braised Roast Turkey with Gravy & Cranberry Sauce Rosemary Roasted Potatoes Green Beans, WW Roll Fruit+, Dessert	<b>Center Closed   No Lunch Served</b> 	
<b>28</b>	<b>29</b>	<b>30</b>	1% Milk served each meal	<b>KEY</b>
Veggie Stir Fry +* House Salad Brown Rice Fruit 	Italian Turkey Soup Large Tossed Veg Salad* Garlic Bread Fruit+	<i>No Lunch Today (Cod on the Menu)</i> <i>If interested, reserve and pick-up at DOSC at (510) 238-3284</i>	Menu subject to change without notice	+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day

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.