








OCTOBER 2021

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
<p>Menu subject to change without notice.</p> <p>1% Milk served each meal</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>			<p align="right">SOS Chilled Meal 1</p> <p>Sweet and Sour Beef over Brown Rice Baby Carrots* Green Beans Seasonal Fresh Fruit+</p>
<p>First Day of Hot Meal 4</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+</p>	<p align="right">5</p> <p>Baked Southwestern Fish Split Pea Soup Cooked Spinach* Brown Rice Fruit+</p>	<p align="right">6</p> <p>BBQ Pork Slider on WW Bun Spinach Salad with Red Onions & Carrots * Coleslaw+* Fruit</p> 	<p align="right">7</p> <p>Chicken Dijon Chicken Endive Soup Broccoli + Brown Rice Fruit</p>	<p align="right">8</p> <p>Glazed Meatloaf Mashed Potatoes & Gravy Green Beans WW Roll, Strawberries+ Dessert: Brownie</p>
<p align="right">11</p> <p>Cod w/Lemon Caper Sauce Tomato Florentine Soup Vegetable Blend+* Rice Pilaf Grapes</p> 	<p align="right">12</p> <p>Chicken Enchilada Verde+* Black Beans Vegetable Medley Salad* Strawberries+</p>	<p align="right">13</p> <p>Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil and Black Bean Soup+ Orange+</p>	<p align="right">14</p> <p>Open Face Hot Turkey Sandwich with Gravy on WW Bread Sweet Potatoes* Lemon Seasoned Broccoli+ Fruit</p>	<p align="right">15</p> <p>Baked Potato with Broccoli and Cheese+ Spinach Salad with Fruit & Nuts +* Garlic Bread Honeydew</p> 
<p align="right">18</p> <p>Sweet and Sour Pork Broccoli + Carrots* Brown Rice Fruit</p>	<p align="right">19</p> <p>Cheese Ravioli with Marinara Sauce Tossed Vegetable Salad* WW Roll Fruit Mix+</p>	<p align="right">20</p> <p>Southwestern Chicken Salad+ Tortilla Chips Fruit Dessert: Pudding</p>	<p align="right">21</p> <p>Beef Stew* Garden Salad* Biscuit Fruit+</p> 	<p align="right"><> 22</p> <p>Mock Crab Salad Over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit +</p>
<p align="right">25</p> <p>Chicken Quarter w/Leek Gravy Green Beans, Biscuit Vegetable Medley Salad* Orange+</p>	<p align="right">26</p> <p>Turkey Burger on Whole Grain Bun Sweet Potatoes Garden Salad* Apple</p> 	<p align="right">27</p> <p>Baked Fish over Arugula w/Lemon Yogurt Sauce Peas Carrots* Garlic Bread, Orange+</p>	<p align="right">28</p> <p>Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Honeydew</p>	<p align="right">29</p> <p>Teriyaki Chicken w/Veggies Seasoned Cauliflower+ Brown Rice Fruit</p>

Spectrum thanks the following organizations for their financial support:
 Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, and the City of Hayward.
 Call sites directly for reservations. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org



Nutrition Education



Reservations Required

Please contact the site of your choice directly to make a reservation for your meal at least 24 hours in advance.

Reserve your meal by 11:45am the day before.

For sites offering on-site group dining, please specify if you are dining or picking up.

If you are unable to come on day of your reservation, please notify site as soon as possible. Thank you.

Sources:

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

Created by: Becky Bruno,
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Reviewed and approved by:
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October 2021

KEEP TAKE AWAY MEALS SAFE

Beginning October 4, 2021 Spectrum Senior Meals staff is preparing and delivering hot meals to our partner sites. Our staff and volunteers at each site are trained for safe temperature holding of these meals.

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 a 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.