





**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
3	4	<b>NEW</b> 5	6	7
Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+ 	Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit	Turkey Squash Frittata* Veg Medley Salad* WW Roll Fruit+ Dessert	Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 	Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+
10	<b>NEW</b> 11	12	13	14
Roast Chicken Breast Pesto Potatoes & Green Beans+ WW Roll Fruit+	Italian Turkey Soup+ Large Tossed Veg Salad* Garlic Bread Fruit	Veggie Stir Fry+* House Salad Brown Rice Fruit 	Chicken Gumbo w/Okra+ Red Beans Carrots* Brown Rice Fruit+	Baked Southwestern Cod Mexican Coleslaw+ Corn & Black Beans Rice Pilaf Fruit
17	18	19	20	21
Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	Pasta w/Marinara Sauce House Salad Brussels Sprouts+ Garlic Bread Fruit 	Cod w/Coconut Curry Sauce Seasoned Cauliflower+ Carrots* Rice Pilaf Fruit	Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	Albondigas Soup+* Tossed Vegetable Salad* Steamed Corn Tortilla Chips Fruit
<b>NEW</b> 24	<b>NEW</b> 25	26	27	28
Veggie Shawarma+ Ginger Sweet Potato Soup* Vegetable Blend+* WW Pita Fruit	Greek Cod w/Potatoes, Scallions, & Tomatoes+ Cold Beet & Garlic Salad Brown Rice Fruit	Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+	Turkey Chili Tossed Veg Salad* Cornbread Fruit+	Chili Verde Chicken Enchilada Casserole** Pinto Beans Steamed Corn Fruit 
<b>Halloween Meal</b> 31			1% Milk served each meal  <b>Menu subject to change            without notice.</b>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day
Drippy Bones (Chicken Drumsticks drizzled with Marinara & Pesto Sauce) Pumpkin Soup Peas & Carrots* Fruit+, Sweet Treat 				

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](mailto:BBruno@SpectrumCS.org)**



# Nutrition Education



## Tips

- To increase your calcium or vitamin D intake try adding calcium or vitamin D fortified soymilk, fat free or low-fat milk to your coffee or tea.
- Be mindful of how much you sweeten your beverage.
- Try adding fresh mint leaves or lemon to your tea for a refreshing taste!

Information obtained from:  
The Academy of Nutrition and Dietetics

Created by Heather Cuellar, RD  
Presented by: Becky Bruno,  
Senior Meals Program Manager

October 2022

## Sit Back and Relax. Let's Talk About Coffee & Tea!

It is such a nice treat to enjoy a cup of coffee or tea in the morning while sitting in the sun or perhaps with a delicious meal such as with the one you are about to enjoy. But, have you ever wondered what the nutritional benefits are from drinking coffee and tea?

Drinking coffee and tea can be part of a healthful diet and is a preferred choice when compared to other beverages such as sodas and other sugar sweetened beverages. It is important to be aware of caffeine overload which occurs when one consumes too much caffeine. This can lead to certain health issues such as restlessness, GI issues and dizziness. It is advised to drink no more than 3-5 eight-ounce cups of coffee or tea (or 400 mg of caffeine) in a day.



### Tea Benefits:

- Some teas are high in antioxidants which may reduce inflammation, cancer and cardiovascular disease.
- Teas such as green and black may reduce the risk of heart disease.

### Coffee Benefits:

- May reduce the risk of cardiovascular disease, type 2 diabetes and Parkinson's disease
- Contains anti-inflammatory effects

### Coffee and Tea:

- Provides small amounts of vitamins and minerals
- Comes in both caffeinated and decaffeinated forms