







Spectrum is working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.



**NORTH OAKLAND SENIOR CENTER**  
To reserve your takeout meal,  
please call 24 hours in advance at (510) 597-5085.

Mon	Tue	Wed	Thu	Fri
<b>2</b> Cheese Enchiladas Black Beans Fiesta Corn Seasonal Fresh Fruit+	<b>3</b> Chicken Jambalaya with White Rice Capri Vegetables+ Cinnamon Apples	<b>Cold Salad Meal 4</b> Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+ 	<b>5</b> Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers Broccoli+ Fresh Fruit	<b>6</b> Beef Stroganoff over Egg Noodles Green Peas Baby Carrots* Fresh Fruit+
<b>9</b> Pasta Primavera+ with WW Rotini Yams*+ Spiced Apples 	<b>10</b> Pork Loin with Country Gravy over Brown Rice Mixed Vegetables* Zucchini Fresh Fruit+	<b>Cold Salad Meal 11</b> Asian Chicken Salad Noodles*+ Edamame Mandarin Oranges Wheat Crackers, LS V8+	<b>12</b> Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit	<b>13</b> Beef Chow Mein Broccoli+ Mixed Vegetables*+ Seasonal Fresh Fruit
<b>16</b> Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Fresh Fruit	<b>17</b> Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit	<b>Cold Salad Meal 18</b> Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+	<b>19</b> BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit 	<b>20</b> Beef Stew Mashed Potatoes Spinach* Seasonal Fresh Fruit+ Wheat Roll
<b>23</b> Pancakes Veggie Sausage Breakfast Potatoes Warm Apricots	<b>24</b> Breaded Catfish with Herbed Orzo Broccoli+ Corn w/Red Peppers Seasonal Fresh Fruit	<b>Cold Salad Meal 25</b> Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad Pineapple Tidbits LS V8+	<b>26</b> Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Herb Roasted Potatoes Fresh Fruit	<b>27</b> Beef Tamales Pinto Beans Mixed Vegetables* Seasonal Fresh Fruit+
<b>30</b> Vegetarian Frittata Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit	<b>31</b> Turkey Burger on Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+ 	<b>1% Milk served each meal</b>  <b>Menu subject to change without notice</b>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	<b>Suggested donation: \$3.75</b> Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward & San Leandro.  
For reservations, call sites directly. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org



# Nutrition Education



## Why is it important?

- Vitamin C is necessary to form blood vessels, cartilage, muscle, and collagen in bones.
- It is an antioxidant that protects our body's cells from damage.
- It supports a healthy immune system. There is evidence that vitamin C can reduce risk of cancer, the common cold and eye diseases.

Sources:

\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3727637/>

<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

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## VITAMIN C



A study\* on vitamin C showed that maintaining healthy vitamin C levels can protect against age-related cognitive decline and Alzheimer's disease, and the most beneficial way to avoid a vitamin C deficiency is through a healthy, balanced diet.

## What is Vitamin C?

Vitamin C is an essential vitamin, and because your body cannot make vitamin C it must come from the food you eat every day.

## What Foods Provide Vitamin C?

**Fruits and vegetables are the best sources of vitamin C.** You can get recommended amounts of vitamin C by eating a variety of foods including the following:



- **Citrus fruits** (such as oranges and grapefruit) and their juices, as well as **red and green peppers and kiwifruit**, which have a lot of vitamin C.
- **Other fruits and vegetables** - such as broccoli, strawberries, cantaloupe, baked potatoes, and tomatoes - which also have vitamin C.
- **Some foods and beverages that are fortified with vitamin C.** To find out if vitamin C has been added to a food product, check the product labels.

## How Much Do We Need?



It is recommended that older adults **consume between 75-90 mg of vitamin C per day.**