



# September 2022

**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
1% Milk served each meal  <i>Menu subject to change without notice.</i>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day		1 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+ 	2 Southwestern Baked Cod SW Side Salad Carrots* Brown Rice Pilaf Fruit+ Dessert: Pudding
<b>HOLIDAY 5</b> <i>No Lunch Served</i> 	<b>6</b> Meatball Sub w/marinara sauce Italian Cut Green Beans Spinach Medley Salad* Fruit+	<b>7</b> Cod w/Coconut Curry Sauce Cilantro Lime Coleslaw Seasoned Cauliflower+ Brown Rice Pilaf Fruit	8 ✓ Pasta w/ Marinara Sauce Brussels Sprouts+ House Salad Garlic Bread Fruit	<b>HOLIDAY 9</b> <i>No Lunch Served</i>  CALIFORNIA ADMISSION DAY 
<b>12</b> Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert: Brownie	<b>13</b> Imitation Crab & Egg Salad over Romaine* w/Tomato Black Bean Lentil Soup++ WW Bread Fruit	<b>14</b> Albondigas Soup+* Tossed Vegetable Salad* Steamed Corn Tortilla Chips Fruit 	<b>15</b> BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	16 ✓ Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 
Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit 	<b>20</b> Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit	21 ✓ Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+	<b>22</b> Cod w/Lemon Yogurt Sauce SW Side Salad Peas and Carrots* Brown rice Fruit+	<b>23</b> Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit
<b>26</b> Chicken Salad w/ Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	27 ✓ Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad Couscous Fruit 	<b>28</b> Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Brown Rice Fruit	<b>29</b> Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	<b>30</b> Ground Turkey Lasagna+ Vegetable Medley Salad* WW Roll 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](mailto:BBruno@SpectrumCS.org)



# Nutrition Education



## Incorporate whole grains daily

It is recommended to make at least half of your grains whole grains every day.

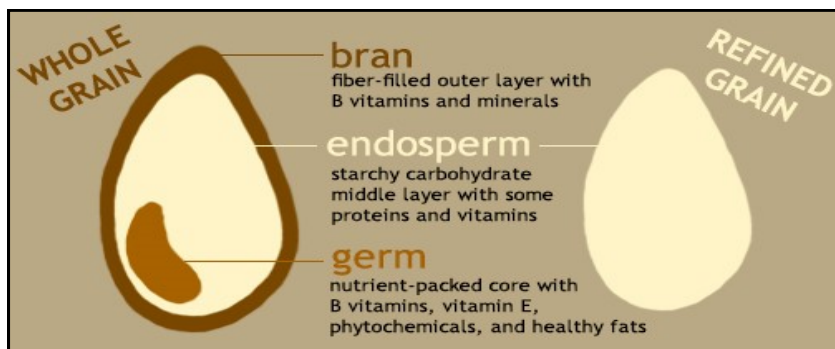
- Start your day with fiber-rich oatmeal, whole wheat cereal, or whole grain toast
- Swap out white rice for brown rice
- Choose whole grain breads over refined breads
- Snack on whole grain products like whole grain crackers or popcorn

## Whole Grains

Breads, rice, cereal, and pasta are all made from grains. However, **not all grains are created equal** as some grains are whole and others are refined. This can be confusing for most especially when trying to shop healthy at the grocery store.

### What is a whole grain?

Whole grains contain the whole kernel of the grain which includes 3 parts: the bran, the germ and the endosperm. Refined grains only contain the endosperm.



### What are the benefits of whole grains?

Whole grains provide a variety of vitamins, minerals, and fiber. Many important nutrients are missing when grains are not whole. Eating a diet rich in whole grains may reduce the risks of heart disease, some cancers, diabetes, and can help with bowel movements.

### What foods are whole grains?

Oats, barley, brown rice, quinoa, buckwheat, corn, and wheat berries are examples of whole grains. **When shopping for whole grains be sure to read the nutrition facts labels. A food is only considered 100% whole grain if the only grain ingredient listed is a “whole” grain (not enriched).**

Don't be misled by labels that say “multi grain” or “bran” as they may not be 100% whole grain. Please refer to the nutrition facts label to verify. Also, don't be misled by the colors of grains. Not all “brown” colored grains are whole grains.

Information obtained from:  
The Academy of Nutrition and Dietetics  
&  
Myplate.gov

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