






DOWNTOWN OAKLAND SENIOR CENTER
 To reserve your take-out meal,
 please call (510) 238-3284 - 72 hours in advance.
 Leave a voicemail indicating the days of your choice.

Mon	Tue	Wed	Thu	Fri
<p>Suggested donation: \$3.75</p> <p>Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p>KEY</p> <p>+ Vitamin C Source</p> <p>* Vitamin A Source</p> <p>< > High Sodium Day</p> <p>WW = Whole Wheat</p> <p>LS = Low Sodium</p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>		
1	2	3	4	5
Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+	Turkey Burger with a Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+ 	Cold Salad Meal Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+	Chicken Jambalaya over White Rice Capri Vegetables+ Cinnamon Apples	Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit
8	9	10	11	12
Pasta Primavera+ with WW Rotini Yams* Spiced Apples	Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+	Cold Salad Meal Asian Chicken Salad with Noodles* Edamame Mandarin Oranges Wheat Crackers, LS V8+	Turkey Tetrazzini Peas and Carrot* Broccoli+ Seasonal Fresh Fruit	<p align="center">Holiday</p> <p align="center">NO LUNCHES SERVED</p>  <p align="right"><i>Lincoln's Birthday</i></p>
15	16	17	18	19
<p align="center">Holiday</p> <p align="center">NO LUNCHES SERVED</p> 	Beef Stroganoff with Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+	Cold Salad Meal Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+	BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit 	Southwestern Baked Fish over Brown Rice Mixed Veggies* Zucchini Fresh Fruit+
22	23	24	25	26
Spinach Lasagna+ Carrots* Whole Wheat Roll Warm Apricots	Breaded Catfish on Herbed Orzo Broccoli+ Corn w/Red Peppers* Seasonal Fresh Fruit	Cold Salad Meal Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+ 	Chicken Dijon over WW Penne Pasta Mixed Vegetables Spinach* Fresh Fruit	Beef Tamales Pinto Beans Mixed Vegetables Seasonal Fresh Fruit+

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