










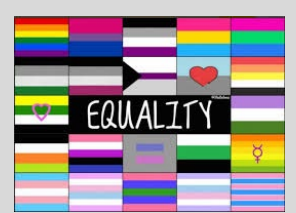


DOWNTOWN OAKLAND SENIOR CENTER
(510) 238-3284 | DOSC@oaklandca.gov

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>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✔ = Vegetarian Day</p>	<p>1</p> <p>Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom & Orzo Soup WW Crackers, Fruit +</p>	<p>2</p> <p>Baked Cod with Melted Leeks Sauce * Roasted Cauliflower + Brussel Sprouts + Brown Rice, Fruit</p>	<p>3</p> <p>Ground Turkey Lasagna + Vegetable Medley Salad * WW Roll Fruit </p>
<p>6</p> <p>Veggie Burger on WW Bun with Lettuce, Tomato & Onion Chickpea Carrot Salad * Fruit +</p>	<p>7</p> <p>Cod w/Lemon Yogurt Sauce SW Side Salad Peas and Carrots *  Brown rice Fruit +</p>	<p>NEW 8</p> <p>Turkey Soft Tacos + with Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit</p>	<p>9</p> <p>Asian Chicken Salad + Ginger Sweet Potato Soup * WW Roll Fruit Dessert: Cookie</p>	<p>NEW 10 </p> <p>Veggie Chili over Baked Potato + Roasted Broccoli + Cornbread Fruit</p>
<p>NEW 13</p> <p>Turkey & Veggie Stir-fry Roasted Cauliflower + Brown Rice Fruit</p>	<p>NEW 14</p> <p>Cabbage Roll Entrée Soup*+ Vegetable Medley Salad * WW Roll  Fruit</p>	<p>15</p> <p>Cod w/Sun-dried Tomato Sauce Tossed Vegetable Salad * Green Beans Rice Pilaf, Fruit +</p>	<p>NEW 16 </p> <p>Veggie Burrito Bow I+ over Brown Rice Spinach Salad w/Carrots & Red Onion +* Fruit</p>	<p>Holiday Meal 17</p> <p>BBQ Chicken Quarter Potato Salad Sweet Corn Cornbread or Biscuit Fruit +, Dessert </p>
<p>HOLIDAY 20</p> <p></p>	<p>21</p> <p>Southwest Chicken Salad +* Hearty Vegetable Soup +* Tortilla Chips Fruit </p>	<p>NEW < > 22</p> <p>Carnitas Pulled Pork on WW Bun with Mexican Coleslaw + Pinto Beans Roasted Corn, Fruit</p>	<p>23</p> <p>Tuna Sandwich on WW Bread with Lettuce, Tomato & Onion Baked Sweet Potato Tots * Fruit +</p>	<p>NEW 24</p> <p>Lentil Vegetable Curry +* Roasted Broccoli + Brown Rice Fruit</p>
<p>27</p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup * Green Beans Brown Rice Fruit +</p>	<p>28</p> <p>Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion Broccoli Raisin Salad + Fruit </p>	<p>29 </p> <p>Chef Entrée Salad * WW Roll Fruit + </p>	<p>30</p> <p>Teriyaki Chicken Ginger Sweet Potato Soup * Vegetable Blend +* Pineapple Vegetable Rice Fruit</p>	<p>June is Pride Month</p> <p></p>



Nutrition Education



Suggestions to add produce to your day

- Add grilled vegetables or fresh fruit to a summer salad
- Prepare cut up vegetables for easy snacking
- Replace desserts with fresh fruit
- Blend up fruit to make your own whole fruit popsicles
- Make colorful vegetable kabobs

Sources:
Eatright.org

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Senior Meals Program Manager

June 2022

Summer Produce

Each season brings a unique variety of fruits and vegetables. The summer season is likely the most colorful and abundant when it comes to produce. From watermelon to beets to cherries and zucchini, summer fruits and vegetables are fresh and delicious.

What are the benefits of eating foods in season?

Eating foods in season offers benefits such as produce freshness, high nutrient content, sustainability, and variety.

What are some of the seasonal summer produce?

Vegetables: Bell peppers, beets, broccoli, green beans, corn, eggplant, zucchini, and summer squash and more

Fruits: blackberries, blueberries, cantaloupe, cherries, honeydew melon, lemons, mangoes, nectarines, peaches, plums, raspberries, strawberries, watermelon and more



Did you know... that a diet high in fruits and vegetables offers many health benefits? Fruits and vegetables are a great source of vitamins, minerals and fiber which is associated with reducing the risks of several diseases.