



DOWNTOWN OAKLAND SENIOR CENTER

(510) 238-3284 | DOSC@oaklandca.gov

Lunch Pick Up 12-12:30PM, RSVP 72 hrs ahead Indicate meal choice: Meet & Eat, Grab & Connect, Take-Away

Senior Rate: \$4 contribution per mealAny additional contribution is greatly appreciated.

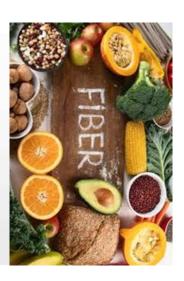
No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat**

Indicate meal choice: Meet & Eat, Grab & Connect, Take-Away				
Mon	Tue	Wed	Thu	Fri
Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	Oktoberfest Meal 3 Bratwurst on a Bun <> Braised Red Cabbage+ Potato Salad Fruit	Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+	Veggie Stir Fry+* Broccoli+ Brown Rice Fruit	Jerk Chicken w/Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit
Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit	Baked Lemon Chicken w/Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	Turkey Sloppy Joes on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit	Blackened Fish w/Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit
Turkey Soft Tacos+ w/shredded lettuce, diced tomatoes & onions Pinto Beans WW Tortilla, Fruit	Coconut Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit	Pasta w/Marinara Sauce House Salad* Garlic Bread Fruit+	Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+
Asian Veggie Curry* Broccoli+ Brown Rice Fruit	Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	Albondigas Soup+* Southwest Side Salad Tortilla Chips Fruit	Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Couscous, Fruit	Chicken Enchilada Verde Casserole*+ Black Beans Steamed Corn Fruit
Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit	Halloween Meal 31 Drippy Bones (Chicken Drumsticks drizzled w/sauce) Pumpkin Soup* Peas & Carrots* Brown Rice Fruit+, sweet treat	Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go with no social activity	1% Milk served each meal Menu subject to change without notice.	 KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ∠√ = Vegetarian Day

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.



Nutrition Education



Did You Know?

intake, it is important to an upset stomach. quickly can cause gas or too much fiber too do so gradually. Eating When increasing fiber

digestive discomfort fiber to prevent when increasing drink plenty of water Be sure to hydrate and



Whitney Roles **Understanding Nutrition by** Eatingright.org & Information obtained from:

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

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Fiber

on food labels as "soluble fiber" or "insoluble fiber" and mostly found in plant based foods. You may see fiber listed the foods you eat. Fiber is a type of carbohydrate that is both offer numerous health benefits. Fiber is an essential nutrient that you can only get through



Insoluble Fiber Benefits

- Good for colon health
- Eases & prevents constipation

Soluble Fiber Benefits

- Stay full longer
- Lowers blood cholesterol Improves blood sugars

What foods are good sources of fiber?

rice. nuts, whole grain breads, cereals, crackers, and brown Fruits, vegetables, cooked beans and peas, seeds and

How much fiber is recommended?

Older adult men should aim for 30 grams/day Older adult women should aim for 21 grams/day

How much fiber is in common foods?

- 1 medium pear = 5 grams
- 1 cup blackberries = 8 grams
- ½ avocado = 5 grams
- ½ cup beans = 7 grams
- 1 cup green peas= 9 grams



and to help you make an informed choice Be sure to read food labels to identify high fiber products