









Please sign up or call site directly for reservations 24 hours in advance.

NORTH OAKLAND SENIOR CENTER
(510) 597-5085 | NOSC@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</p>			<p align="right"><> 1</p> <p>Mock Crab Salad over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit+</p> 
<p align="right">4</p> <p>Angie's Asian Chicken Salad+ WW Roll Fruit Dessert: Pudding</p>	<p align="right">5</p> <p>Baked Southwestern Fish Split Pea Soup Carrots* Brown Rice Fruit+</p>	<p align="right">6</p> <p>WW Pasta w/Vegetable Marinara Sauce+ Garden Salad* Garlic Bread Fruit</p>  <p align="center">California Poppy Day</p>	<p align="right">7</p> <p>BBQ Pork Slider on WW Bun Steamed Corn Coleslaw*+ Fruit</p>	<p align="right">8</p> <p>Chicken Enchilada Verde Casserole*+ Black Beans Spinach Salad with Fruit & Nuts*+ Fruit</p>
<p align="right">11</p> <p>Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil & Black Bean Soup+ Fruit</p>	<p align="right">12</p> <p>Chicken and Leek Pie (includes biscuit) Tossed Vegetable Salad * Fruit+</p>	<p align="right">13</p> <p>Open Face Hot Turkey Sandwich with Gravy on WW Bread Sweet Potatoes*+ Seasoned Broccoli+ Fruit</p>	<p align="right">14</p> <p>Vegetable Burrito Bowl+ over brown rice Vegetable Medley Salad* Fruit <i>Garnish: cheese & sour cream</i></p>	<p align="right">15</p> <p>Cod w/Lemon Caper Sauce Tomato Florentine Soup Vegetable Blend*+ Rice Pilaf Fruit Carrot Cake</p> 
<p align="center">Holiday Meal</p> <p align="right">18</p> <p>Ham Rosemary Potatoes Broccoli Cranberry Salad+ WW Roll, Fruit</p> 	<p align="right">19</p> <p>Baked Potato w/ Broccoli and Cheese+ Garden Salad* Garlic Bread Fruit</p>	<p align="right">20</p> <p>Southwestern Chicken Salad+ Tortilla Chips Fruit</p>	<p align="right">21</p> <p>Tuna Salad Sandwich on WW Bread Minestrone Soup Spinach Salad w/Fruit & Nuts*+ Fruit</p>	<p align="right">22</p> <p>Beef Stew* Vegetable Medley Salad * WW Roll Fruit +</p>
<p align="right">25</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+ <i>Garnish: cheese & onion</i></p>	<p align="right">26</p> <p>Salisbury Steak Mashed Potatoes & Gravy Vegetable Blend*+ WW Roll Fruit</p> 	<p align="right">27</p> <p>Baked Fish over Arugula w/Lemon Yogurt Sauce Vegetable Bean Soup Carrots* Rice Pilaf, Fruit+</p>	<p align="right">28</p> <p>Chicken & Veggie Fajita+ with WW Tortilla Vegetable Medley Salad* Fruit</p>	<p align="right"><> 29</p> <p>Spinach Mushroom Lasagna+ Cesar Salad* WW Roll Fruit</p> 

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 & 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