







NORTH OAKLAND SENIOR CENTER
To reserve your takeout meal,
please call 24 hours in advance at (510) 597-5085.

Mon	Tue	Wed	Thu	Fri
<p>Suggested donation: \$3.75 Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>1% Milk served each meal Menu subject to change without notice.</p>	<p>April Fool's Day 1 Chicken Burrito Bowl with Black Beans & Brown Rice Sweet Corn w/ Peppers, Broccoli+ Fresh Fruit</p>	<p>2 Baked Ham<> Mashed Potatoes Green Beans Corn Muffin Fresh Fruit+  Chocolate Eggs</p>
<p>5 Pasta Primavera+ with WW Rotini Yams*+ Spiced Apples  <i>Nat'l Daffodil Day</i></p>	<p>6 Southwestern Baked Fish over Brown Rice Mixed Vegetables* Zucchini Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 7 Asian Chicken Salad with Noodles* Edamame Mandarin Oranges Wheat Crackers, LS V8+</p>	<p>8 Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>9 Beef Chow Mein Cabbage+ Mixed Vegetables*+ Seasonal Fresh Fruit</p>
<p>12 Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Fresh Fruit</p>	<p>13 Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit</p>	<p>Cold Salad Meal 14 Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+</p>	<p>15 BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit </p>	<p>16 Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+</p>
<p>19 Spinach Lasagna+ Carrots* Warm Apricots Whole Wheat Roll  <i>Nat'l Garlic Day</i></p>	<p>20 Breaded Catfish over Herbed Orzo Broccoli+ Corn w/Red Peppers* Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 21 Egg Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+ </p>	<p>22 Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Spinach* Fresh Fruit</p>	<p>23 Beef Tamales Pinto Beans Mixed Vegetables* Seasonal Fresh Fruit+</p>
<p>26 Cheese Enchiladas Pinto Beans Fiesta Corn Seasonal Fresh Fruit+</p>	<p>27 Turkey Burger on Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+ </p>	<p>Cold Salad Meal 28 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>29 Chicken Jambalaya over White Rice Capri Vegetables+ Cinnamon Apples</p>	<p>30 Beef Stroganoff over Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>