

NORTH OAKLAND SENIOR CENTER
To reserve a lunch, call or email 24 hours in advance.
(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
1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	1 Albondigas Entrée Soup+* Tossed Vegetable Salad* WW Crackers Fruit 	2 Beef Ragu over WW Penne Pasta Spinach Salad with Fruit & Nuts+* Fruit	3 Tuna Salad Sandwich on WW Bread Cheddar Potato Soup+* Vegetable Medley Salad* Fruit
6 Turkey Sloppy Joe+ on WW Bun Garden Salad* Fruit	7 Beef Stir-Fry w/Broccoli & Cauliflower+ Green Beans Brown Rice Fruit	8 Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Carrot Soup * WW Roll Fruit	9 Apricot Glazed Chicken Minestrone Soup Carrots* Brown Rice Fruit + 	10 Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Fruit
13 Sweet & Sour Pork Broccoli+ Carrots* Brown Rice Fruit 	14 Moroccan Chicken Sweet Potatoes+* Carrot & Chickpea Salad* WW Pita Bread Fruit	15 Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	16 Cod w/ Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts+ Rice Pilaf Fruit	Holiday Meal 17 Glazed Meatloaf Mashed Potatoes & Gravy Carrots* WW Roll, Fruit+  <i>Holiday Dessert: Pudding</i>
20 Vegetable Burrito Bowl+ over Brown Rice Spinach Salad w/Red Onions & Carrots* Fruit	21 Open Face Hot Turkey Sandwich with Gravy Mashed Potatoes Lemon Seasoned Broccoli+ Fruit	22 Baked Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Cucumber Salad Coconut Brown Rice Fruit	HOLIDAY 23 No Lunch Served	HOLIDAY 24 No Lunch Served
27 Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup+* WW Roll, Fruit	28 Baked Cod Melted Leeks in Cream Sauce* Cesar Salad+ WW Roll Fruit 	29 Hearty Beef Stew* Vegetable Medley Salad* Biscuit Fruit+	Holiday Meal 30 Ham <> Collard Greens Sweet Potatoes+* Cornbread Fruit  <i>Holiday Dessert: Brownie</i>	HOLIDAY 31 No Lunch Served 

