**Downtown Oakland Senior Center**

To reserve a lunch, call or email 24 hours in advance.

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

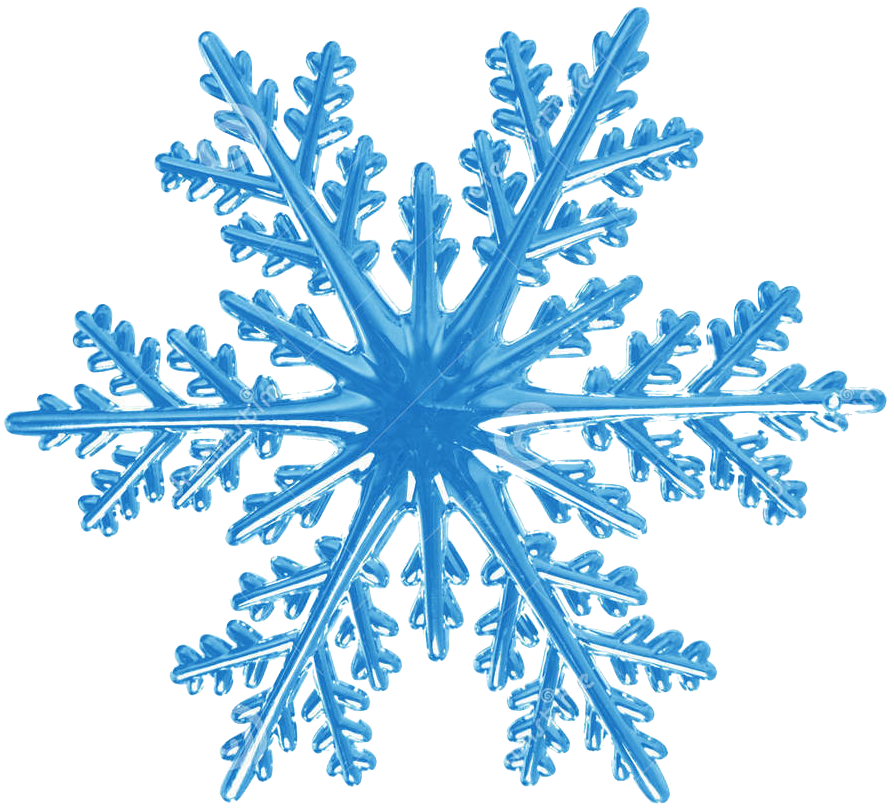
**Suggested donation: $3.75**

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.



**January 2022**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| **3** | **4** | **5** | **6** | **7** |
| Beef Burger w/Lettuce,  Tomato, Onion, & Pickle  on a WW Bun  Lentil & Black Bean Soup+  Fruit | Sweet and Sour Pork  Clip Art 1 Winter Clipart - ClipArt Best - ClipArt BestSteamed Broccoli +  Carrots\*  Brown Rice  Fruit | Cod w/Sun-dried Tomato  Sauce on bed of Spinach+\*  Carrot Soup \*  WW Roll  Fruit | Chile Verde Chicken  Enchilada Casserole+\*  Black beans  Steamed Corn  Fruit | Spaghetti  with Veggie Marinara+  Vegetable Medley Salad\*  Garlic Bread  Fruit |
| **10** | **11** | **12** | **13** | **14** |
| Herb Baked Fish w/ Melted  Leeks Cream Sauce\*  Cesar Salad+  WW Roll  Fruit  *Dessert: Pudding* | Chicken Salad  with Golden Raisins over  Romaine Lettuce with  Tomato and Cucumber  Hearty Vegetable Soup+\*  WW Roll, Fruit | Beef Stir-Fry  w/Broccoli & Cauliflower+  Spring Mix Salad with  Cucumbers and Tomatoes  Brown Rice  Fruit | Silhouette Design Store - View Design #306478: winter foxSpinach Lasagna+ <>  Garden Salad \*  Bread Stick  Fruit | Turkey with Gravy  Rosemary Potatoes  Green Beans  WW Roll  Fruit+ |
| **HOLIDAY 17** | **18** | **19** | **20** | **21** |
| **Holiday Closure Martin Luther King Day 2022 | Calendar | County of SonomaNo Lunch Served** | Herb Baked Chicken  Pesto Potatoes & Green  Beans +  Biscuit  Fruit | Turkey Sloppy Joes +  on WW Bun  Garden Salad \*  Fruit | Tuna Salad Sandwich  on WW Bread  Cheddar Potato Soup+\*  Vegetable Medley Salad\*  Fruit | January clipart preschool, Picture #2858515 january clipart preschoolBBQ Pork Chop  Red Cabbage+  Carrots\*  Brown Rice  Fruit |
| **24** | **25** | **26** | **27** | **28** |
| Albondingas Entrée Soup+\*  Tossed Vegetable Salad\*  WW Crackers  Fruit | Veggie Burger w/Lettuce,  Tomato, & Onion  on a WW Bun  Roasted Sweet Potatoes+\*  Fruit | Chicken Cacciatore+  Winter Snowflakes Clipart - Free to use Clip Art Resource - ClipArt Best -  ClipArt Best over WW Penne  Brussel Sprouts+  Fruit  *Dessert: Cake* | Glazed Meatloaf  Mashed Potatoes & Gravy  Peas & Carrots Blend\*  WW Roll  Fruit + | Baked Fish  w/ Lemon Caper Sauce  Tomato Florentine Soup\*  Seasoned Broccoli+  Brown Rice, Fruit |
| **31** |  |  | 1% Milk served each meal | **KEY** |
| Moroccan Chicken  Sweet Potatoes +\*  Carrot & Chickpea Salad\*  WW Pita Bread  Fruit |  | New Year PNG | **Menu subject to change**  **without notice.** | + Vitamin C Source  \* Vitamin A Source  < > High Sodium Day  WW = Whole Wheat |

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 Club of Hayward.

For reservations, contact sites directly. For other inquiries call our Main kitchen: (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org