







**DOWNTOWN OAKLAND SENIOR CENTER**  
 To reserve your take-out meal,  
 please call (510) 238-3284 - 72 hours in advance.  
 Leave a voicemail indicating the days of your choice.

Mon	Tue	Wed	Thu	Fri
<b>1</b>	<b>2</b>	<b>Cold Salad Meal 3</b>	<b>4</b>	<b>5</b>
Veggie Burger with a Whole Wheat Bun Fiesta Corn Roasted Potatoes Fresh Fruit+	Pasta, Beef, and Tomato Casserole  Cauliflower+ Carrot Coins* Seasonal Fresh Fruit	Seafood Salad on Romaine+ Pineapple Coleslaw Fruit Cocktail Wheat Crackers, LS V8+	Turkey Tetrazzini Green Beans Mixed Vegetables+* Fresh Fruit	Chicken Parmesan over WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit 
<b>National Women's Day 8</b>	<b>9</b>	<b>Cold Salad Meal 10</b>	<b>11</b>	<b>12</b>
Cheesy Pasta Bake  Lima Beans Cauliflower w/ Red Peppers+ Fresh Fruit	Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit	Southwest Chicken Salad on Romaine+ Pasta & Vegetable Salad Pineapple Tidbits LS V8+	Creole Baked Fish over Rice Pilaf California Veggie Blend+* Peas and Onions Banana	Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit
<b>15</b>	<b>16</b>	<b>Cold Salad Meal 17</b>	<b>18</b>	<b>19</b>
Vegetarian Chili Mixed Vegetables* Green Beans Corn Muffin Fresh Fruit	Breaded Cod Sandwich with Tartar Sauce Mixed Vegetables+ Roasted Potatoes Fresh Fruit	Chicken Ranch Salad on Romaine+  3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+	Chicken Pot Pie with Biscuit Topping Herbed Cauliflower+ Spiced Peaches	Ham w/ Raisin Sauce <> Roasted Potatoes Peas and Carrots* Wheat Bread Seasonal Fresh Fruit+
<b>22</b>	<b>23</b>	<b>Cold Salad Meal 24</b>	<b>25</b>	<b>26</b>
Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit	Swedish Meatballs over WW Noodles Peas Broccoli+ Fresh Fruit	Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+	Chicken Cordon Bleu over Rice Pilaf Spinach*  Peas and Onions Fresh Fruit+	Beef Tacos with WW Flour Tortilla Pinto Beans Vegetable Blend* Fruit Cup+
<b>29</b>	<b>30</b>	<b>HOLIDAY 31</b> <b>No Lunch Served</b>	<b>Suggested donation: \$3.75</b>	<b>1% Milk served each meal</b>
Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples	Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fresh Fruit		Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.	<b>KEY</b> + 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.  
 For reservations call sites directly. Program Manager, Becky Bruno email: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)