

奥克兰市中心高级中心

要预订午餐, 请提前72小时 (3天) 致电或发送电子邮件。
(510) 238-3284 | DOSC@oaklandca.gov

捐款建议: \$3.75

60歲以下的來賓需支付\$10的餐點費用我们非常感激如果您有任何的额外捐款,

由于资金的短缺, 60岁以上未登记的人仕将不被接受

星期一	星期二	星期三	星期四	星期五
<p>2</p> <p>酸豆檸檬香烤魚 番茄菠菜湯* 四季豆 糙米飯 鮮果+</p>	<p>NEW 3</p> <p>主廚沙拉 全麥餐包 鮮果+</p> 	<p>NEW 4</p> <p>蔓越莓火雞三明治, 全麥吐司, 生菜, 番茄及洋蔥 西蘭花葡萄乾沙拉+ 鮮果</p>	<p><> CINCO DE MAYO 5</p> <p>墨西哥式燉豬肉 扁豆捲餅湯 菠菜沙拉佐水果及堅果+* 西班牙飯 佐料: 酸奶, 玉米片, 檸檬片</p> 	<p>6</p> <p>醬爆肉丸 土豆泥佐肉汁 胡蘿卜青豆* 全麥餐包 鮮果+</p>
<p>NEW 9</p> <p>雞蛋沙拉三明治, 全麥吐司, 生菜, 番茄及洋蔥 今日湯品 鮮果+</p>	<p>10</p> <p>火雞燴番茄 時蔬沙拉 今日湯品 鮮果 + 佐料: 洋蔥及起司</p>	<p>NEW 11</p> <p>時蔬雜燴 每日沙拉* 糙米飯 鮮果 + 甜點</p> 	<p>12</p> <p>南方式雞肉湯佐秋葵 紅豆 糙米飯 鮮果+</p>	<p>13</p> <p>西南烤鱼 西南式佐餐沙拉 紅萝卜* 焗飯 鮮果+</p> 
<p>NEW 16</p> <p>肉丸三明治 義大利青豆 菠菜時蔬沙拉* 鮮果+ 佐料: 起司</p>	<p>17</p> <p>香草烤雞 包心菜土豆湯 胡蘿卜青豆* 全麥餐包 鮮果+</p> 	<p>18</p> <p>椰香咖哩鮮魚 青檸香菜沙拉 香燴花椰菜+ 焗飯 鮮果</p>	<p>19</p> <p>蔬菜紅醬義大利麵 球芽甘藍+ 每日沙拉* 大蒜麵包 鮮果</p> 	<p>20</p> <p>甜酸豬肉 西兰花+ 中式時蔬 糙米飯 鮮果</p>
<p>23</p> <p>蟹肉棒雞蛋沙拉佐生菜及番茄 蔬菜湯* 全麥面包 鮮果 +</p> 	<p>24</p> <p>雞肉蔬菜墨西哥捲餅+ 佐料: 酸奶 黑豆 全麥捲餅 鮮果 甜點</p>	<p>NEW 25</p> <p>青醬義大利餃子+ 番茄湯 大蒜麵包 鮮果</p> 	<p>26</p> <p>墨式肉丸湯(主菜) +* 時蔬沙拉 烤玉米 墨西哥玉米片, 鮮果</p>	<p>27</p> <p>BBQ烤雞三明治, 全麥麵包生菜番茄洋蔥 西蘭花蔓越莓沙拉+ 鮮果</p>
<p>假日 30</p> <p>MEMORIAL DAY</p> 	<p>NEW 31</p> <p>摩洛哥式鸚嘴豆 烤紅薯*+ 每日沙拉* 古斯米 每日沙拉</p>	<p>MAY IS OLDER AMERICANS MONTH</p> 	<p>每个餐点将配有1%脂肪牛奶</p> <p>餐单会随时更改, 恕不另行通知</p>	<p>关键词</p> <p>+ 维他命 C 来源 * 维他命 A 来源 < > 高钠日</p>

Spectrum 非常感谢以下组织对他们的经济支持: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward and San Leandro, Rotary Clubs of Hayward, Castro Valley and Oakland 3.

如需預約請直接與用餐地點聯繫. 其他疑問請洽中央廚房: 510-785-1997. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org



Nutrition Education



The Importance of Water

Did you know that water is one of the body's most important and essential nutrients? Staying properly hydrated is crucial to overall health. It is a good habit to be aware of your daily water intake to avoid dehydration.

Ways to Hydrate

- Carry a refillable water bottle with you wherever you go
- Set a timer to remind you to drink water
- Keep a glass of water next to you while you are at home
- Make water your drink of choice
- Add fruit to your water for natural added flavoring

Fun Food Facts: Some fruits and vegetables can contain up to 90% water! **Try including hydrating foods into your diet** such as watermelon, lettuce, strawberries, celery, fat free milk, oranges and more.



What does water do?

- Helps carry nutrients throughout your body
- Maintains blood volume
- Helps to protect and cushion the body including your organs
- Aids in regulation of body temperature

What is Dehydration?

Dehydration occurs when you lose more water than you are taking in. Keep in mind that it does not have to be a hot sunny day for a person to get dehydrated as dehydration can occur during any type of weather. **Signs of dehydration include: thirst, dry mouth, dry lips, headache, weakness, reduction in urine, dizziness, dark yellow urine color, and more.**

Water recommendations

The most common recommendation for water is to drink eight – 8 oz of water per day (totaling 64 oz per day). This is a general recommendation as water/fluid needs vary person to person depending on factors such activity level, diet, and medical conditions.



Did you know a person could survive weeks without food, but a person could not survive several days without water? That is just one indicator of how important water intake is.

Sources:
Understanding Nutrition by Whitney/Rolfes
The Academy of Nutrition and Dietetics

Created by Heather Cuellar, RD
Presented by: Becky Bruno,
Senior Meals Program Manager

May 2022