



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.

Mon	Tue	Wed	Thu	Fri
1 Herb Baked Chicken Endive Soup Carrots * Brown Rice Fruit + 	2 Cheesy Veggie Rice Casserole ++ Tossed Vegetable Salad * Garlic Bread Fruit	3 Angie's Asian Chicken Salad + WW Roll Fruit Treat: Fortune Cookie	4 Tuna Salad Sandwich on WW Bread Minestrone Soup Spinach Salad with Fruit & Nuts*+ Fruit	5 Beef Stew* Vegetable Medley Salad* WW Roll Fruit +
8 Baked South-western Cod Split Pea Soup Carrots * Brown Rice Fruit +	9 Chicken and Leek Pie (includes biscuit) Vegetable Medley Salad * Fruit +	10 Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil & Black Bean Soup + Fruit	11 HOLIDAY No Lunch Served  Thank You Veterans	12 Spaghetti w/Vegetable Marinara Sauce + Garden Salad * Garlic Bread Fruit
15 Salisbury Steak Mashed Potatoes & Gravy Squash WW Roll Pineapple Fruit Cup+	16 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+	17 Mock Crab Salad over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit + 	18 Spinach Mushroom Lasagna+ Garden Salad * WW Roll Fruit	19 <> Chicken Enchilada Verde Casserole++ Black Beans Vegetable Medley Salad* Fruit
22 BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad + Fruit	23 Cod w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts + Rice Pilaf Fruit	Thanksgiving Meal 24 Braised Roast Turkey with Gravy Rosemary Roasted Potatoes Green Beans Cranberry Sauce, WW Roll Dessert: Sweet Potato Pie	25 HOLIDAY No Lunch Served 	26 HOLIDAY No Lunch Served
29 Baked Potato with Broccoli and Cheese Spinach Salad with Fruit & Nuts ++ Fruit	30 Chicken Dijon Hearty Vegetable Soup+* Carrots * Brown Rice Fruit 		Menu subject to change without notice. 1% Milk served each meal	KEY + 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, Rotary Club of Hayward.
For reservations, contact sites directly. For other inquiries call our Main kitchen: (510) 785-1997. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org



Nutrition Education



Find immune supporting nutrients in many every day foods

Vitamin C: citrus fruits, bell peppers, strawberries, and broccoli

Vitamin D: milk, yogurt, salmon, vitamin D fortified foods

Zinc: beans, nuts and seeds

Probiotics: yogurt, kimchi, miso and sauerkraut

Protein: eggs, whole grains, cheese, meat and seafood

Sources:

<https://www.cdc.gov/flu/>
<https://www.health.harvard.edu/staying-healthy/covid-19-and-flu-season-what-to-expect>
<https://health.clevelandclinic.org/eat-not-fight-colds-flu/>

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November 2021

It's Flu Season—Protect Yourself from Getting Sick

Every year between 9 million to 49 million Americans get sick with the flu which can cause mild to severe illness and can result in hospitalization or sometimes even death. Now with the COVID-19 pandemic still around, it may be more of a challenge to differentiate the two viruses since they have similar symptoms. With the flu season occurring around fall and winter, it is important for high-risk individuals to take extra steps to protect themselves from getting sick with the flu.



High-risk individuals are referred to as: Older adults 65 years or older, those with chronic medical conditions, pregnant women, children under 5 years old.

Flu symptoms:

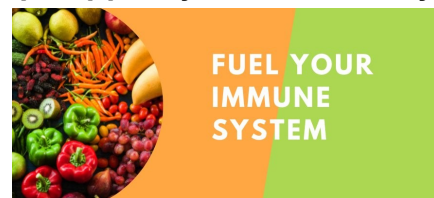
- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Tiredness or fatigue

Tips for flu prevention:

- Get your flu shot
- Wash hands regularly
- Avoid close contact
- Avoid touching eyes, nose, mouth
- Stay home if you are sick
- Cover cough and sneezes

While no food or supplement can cure or prevent the flu, you can help protect yourself from the flu by eating foods that help support your immune system. **Consider the following nutrients to help support your immune system:**

- Vitamin C
- Vitamin D
- Zinc
- Probiotics
- Protein



Consuming a healthy balanced diet with variety along with healthy lifestyle factors can help you prepare for the flu season.