








**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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Herb Baked Chicken Steamed Cabbage Carrots * Brown Rice Fruit + 	Cheesy Ravioli w/Pesto Sauce Tossed Vegetable Salad * Garlic Bread Fruit	Angie's Asian Chicken Salad + WW Roll Fruit Treat: Fortune Cookie	Tuna Salad Sandwich on WW Bread Carrot Salad w/Lemor Juice, Olive Oil and Parsley Spinach Salad w/Red Onion & Carrots Fruit	Beef Burger on Wheat Bun w/Lettuce, Tomato, Onion, Pickles Coleslaw Fruit +
<b>8</b>	<b>9</b>	<b>10</b>	<b>HOLIDAY 11</b>	<b>12</b>
Baked South-western Cod Split Pea Soup Carrots * Brown Rice Fruit +	Chicken and Leek Pie (includes biscuit) Vegetable Medley Salad * Fruit +	Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil & Black Bean Soup + Fruit	<b>No Lunch Served</b>  Thank You Veterans	Spaghetti w/Vegetable Marinara Sauce + Garden Salad * Garlic Bread Fruit
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>&lt;&gt; 19</b>
Salisbury Steak Mashed Potatoes & Gravy Squash WW Roll Pineapple Fruit Cup+	Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+	Mock Crab Salad over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit + 	Spinach Mushroom Lasagna+ Garden Salad * WW Roll Fruit	Chicken Enchilada Verde Casserole+* Black Beans Vegetable Medley Salad* Fruit
<b>22</b>	<b>23</b>	<b>Thanksgiving Meal 24</b>	<b>HOLIDAY 25</b>	<b>HOLIDAY 26</b>
BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad + Fruit	Cod w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts + Rice Pilaf Fruit	Braised Roast Turkey with Gravy Rosemary Roasted Potatoes Green Beans Cranberry Sauce, WW Roll Dessert: Sweet Potato Pie	<b>No Lunch Served</b> 	<b>No Lunch Served</b>
<b>29</b>	<b>30</b>		<b>Menu subject to change without notice.</b>	<b>KEY</b>
Baked Potato with Broccoli and Cheese Spinach Salad with Fruit & Nuts +* Fruit	Chicken Dijon Hearty Vegetable Soup+* Carrots * Brown Rice Fruit 		1% Milk served each meal	+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat

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