SPECTRUM COMMUNITY SERVICES, INC.

NOVEMBER 2026

Please sign up or call the site directly for reservations. minimum of three (3) business days' notice is required.
Indicate meal choice: Meet & Eat or Take Away

60+: $5 voluntary contribution per meal
Any contribution is greatly appreciated.

No registered senior will be denied a meal due to inability to give. **Guests under 60: $18 flat fee**

Mon	Tue	Wed	Thu	Fri
2 Cajun Butter Cod* Brussels Sprouts+ Dirty Rice+ Apple	3 Turkey Chili* Vegetable Medley Salad* Whole Grain Biscuit Orange+ *Brownie (M&E only)*	4 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Pear	✓ 5 Veggie Burrito Bowl+ Tossed Vegetable Salad* Brown Rice Banana	6 Chicken Corn Chowder+ Roasted Broccoli+ Roasted Sweet Potato Whole Grain Biscuit Grapes
9 Pork Adobo Roasted Broccoli+ Carrots* Garlic Rice Pear	10 Jerk Chicken w/Cucumber Sauce Seasoned Cauliflower+ Coleslaw Coconut Brown Rice, Apple	HOLIDAY 11 Thank You Veterans	12 Fisherman Pie+* Peas & Carrots* WW Roll Orange	✓ 13 Veggie Burger < > on WW Bun w/Lettuce, Tomato, Onion Bean Soup w/Kale+* Banana
16 Chicken Stew* Spinach Medley Salad+* WW Roll Orange	✓ 17 Moroccan Chickpeas Roasted Zucchini+ Roasted Sweet Potatoes* WW Roll Grapes	18 Chicken Parmesan w/Marinara Sauce Roasted Broccoli+ Carrots* WW Pasta, Apple	19 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Banana	20 Southwestern Baked Cod Tortilla Soup+ Mexican Coleslaw+ Cilantro Rice Pear
✓ 23 Vegetarian Cottage Pie w/Sweet Potato Mash* Roasted Brussels Sprouts+ WW Roll Apple	24 Baked Cod w/ Sundried Tomato Sauce Hearty Vegetable Soup+* Rice Pilaf Pear	THANKSGIVING MEAL 25 Roasted Turkey with Gravy Green Beans Mashed Potatoes Cranberry Sauce (2 oz) Whole Grain Biscuit, Orange+ *Sweet Potato Pie (M&E only)*	HOLIDAY 26 HAPPY Thanksgiving	HOLIDAY 27
30 Pulled Pork Sandwich on Whole Grain Bun Yellow Corn Coleslaw Orange+			1% Milk served each meal ***Menu subject to change without notice.***	**KEY** **+ Vitamin C Source** *** Vitamin A Source** **< > High Sodium Day** **WW = Whole Wheat** **✓ = Vegetarian Day**

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Supervisor Elisa Marquez, Cities of Alameda, Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Oakland Rotary #3.

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