SPECTRUM COMMUNITY SERVICES, INC.

OCTOBER 2026

Please sign up or call the site directly for reservations.
A 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
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**		1 Citrus Chicken Spinach Salad+ Ginger Sweet Potato Soup* WW Roll Banana	2 Salmon Burger w/Lemon Dill Yogurt on Whole Grain Bun Broccoli Raisin Salad+ Roasted Sweet Potato* Apple
5 Blackened Cod w/Creole Sauce+ Rosemary Red Potatoes Vegetable (Capri) Blend* WW Roll, Grapes	*NEW* ✓ 6 Falafel w/Tzatziki Roasted Veggies+ (6 oz) Fresh Cucumber & Tomato WW Pita Apple	*NEW* 7 Cilantro Lime Chicken+ Pinto Beans Diced Carrots* Brown Rice, Kiwi+ *Chocolate Pudding (M&E only)*	8 Pulled Pork Sandwich on Whole Grain Bun Yellow Corn Coleslaw Orange+	9 Lemon Chicken w/ Mushroom Sauce Butternut Squash Soup+* Brown Rice Banana
12 Beefy Chili Mac (with WW Pasta) Vegetable (Normandy) Blend+* Green Beans, Apple	13 Shoyu Chicken Sautéed Cabbage+ Roasted Zucchini Hawaiian Mac Salad Pear	14 Lemon Dill Cod Tomato Bisque Soup Green Beans Rice Pilaf Orange+	15 Italian Turkey Soup+* Large House Salad* WW Roll Banana	✓ 16 Veggie Chili House Salad* WW Roll Apple
19 Chicken Gumbo w/Okra+ Red Beans Brown Rice Pear	20 Thai Curry Cod Thom Kha Soup* Carrots* Rice Pilaf Orange+	✓ 21 Chana Masala+ Roasted Broccoli+ Roasted Sweet Potatoes* WW Pita Apple	22 Tuscan Chicken* Brussels Sprouts+ Mashed Potatoes WW Roll Banana	23 Albondigas Soup+* (with Turkey meatballs) Southwest Side Salad Tortilla Chips Grapes
NEW ✓ 26 Mapo Tofu Asian Blend Veggies Roasted Zucchini Brown Rice Orange+	27 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Kiwi+	28 Turkey Cabbage Roll Entrée Soup+* Tossed Vegetable Salad* WW Roll Banana	*NEW* 29 Sushi Bake Daikon Soup+* Sliced Carrots* Brown Rice Apple	Halloween Meal 30 Roasted Chicken over WW Garlic Noodles Pumpkin Soup* Peas and carrots* Orange+ *Candy pieces (M&E Only)*

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**