SPECTRUM COMMUNITY SERVICES, INC.

SEPTEMBER 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.***	1 Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Cantaloupe	2 Turkey & Veggie Sauté Roasted Broccoli+ Brown Rice Apple 	3 BBQ Chicken Sandwich on Whole Grain Bun Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Banana	4 Imitation Crab & Egg Salad on Romaine* w/Tomato Creamy Tomato Bisque WW Crackers (4) Orange+
HOLIDAY 7 	Holiday Meal 8 Turkey Burger on WW Bun Lettuce, Pickles, Tomato, & Onion Corn Salad Apple *Brownie (M&E only)* 	< > 9 Meatball Sub (Beef/Pork) w/Marinara Sauce, topped w/ Mozzarella on WW Hoagie Minestrone Soup Orange+	10 Baked Cod w/White Wine Sauce* Vegetable Blend*+ Carrot Coins* Rice Pilaf Pear 	11 Sundubu Jjigae+ (tofu stew) Pickled Carrots* Brown Rice Banana
< > 14 Marry Me Butter Beans+* Roasted Red Potatoes House Salad* WW Breadstick Apple	15 Thai Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf* Pineapple+ 	16 Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato+ Roasted Veggies+ WW Pita Pear	17 Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato Tomato Soup Orange+	18 Chili Dijon Pork+ Carrots* WW Roll Grapes
21 Ginger Glazed Pork Roasted Broccoli+ Baby Carrots* Brown Rice Peach 	22 Southwest Chicken Salad*+ Lentil and Bean Soup+ Tortilla Chips Honeydew	23 White Fish Chowder* SW Side Salad+ WW Breadstick Apple 	24 Chef Entrée Salad*+ WW Roll Banana *Carrot Cake (M&E only)*	25 Chicken Gumbo w/Okra+ Red Beans Brown Rice Orange+
28 Hungarian Goulash w/WW Noodles Brussels Sprouts+ Carrot Slaw* Pear	29 Ginger Beef Bowl Carrots* Brown Rice Kiwi+ 	30 Ravioli Lasagna Chickpea Carrot Salad* WW Breadstick Orange+		**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