



Please sign up or call site directly for reservations 24 hours in advance.

**Suggested donation: \$3.75**

Guests under 60 may purchase a meal for \$6.00

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>假期 1</b> “Preservation of one’s own culture does not require contempt or disrespect for other culture”  - Cesar Chavez	<b>2</b> 牛肉配洋葱意大利瓜*+ 糙米 新鲜水果	<b>3</b> 火鸡肉酱 田园沙拉* 玉米面包 草莓+	<b>4</b> 鸡胸肉 蔬菜汤*+ 菠菜* 糙米, 杏梅*	<b>5</b> 烤鱼 番茄汤 全麦通心粉 西兰花+
<b>8</b> 肉酱意大利面 西兰花+蔬菜沙拉* 大蒜面包, 新鲜水果	<b>9</b> 烤火鸡肉, 南瓜泥* 田园沙拉*全麦面包 混合水果+ 	<b>10</b> 吞拿鱼全麦面包 蔬菜汤 蔬菜沙拉* 草莓+	<b>11</b> 甜酸猪肉 糙米 蔬菜沙拉* 哈密瓜+	<b>12</b> 菠菜千层+ 蔬菜沙拉* 全麦面包 新鲜水果
<b>15</b> 鸡腿 土豆配四季豆 + 全麦面包 葡萄	<b>16</b> 烤猪肉 四季豆 红椰菜+苹果酱+ 全麦面包	<b>生日午餐 17</b> 牛肉全麦意大利面 水果沙拉 配坚果*+ 生日蛋糕 	<b>18</b> 火鸡肉配蔓越莓酱 和肉酱* 土豆, 菠菜 全麦面包, 混合水果+	<b>19</b> 烤鱼配酸奶 蔬菜豆汤 红萝卜*, 全麦面包 橙
<b>EASTER LUNCH 22</b> 烤火腿肉 <> 番薯椰菜 玉米面包+ 苹果酱, 萝卜蛋糕 	<b>23</b> 烤鱼意大利面 红萝卜* 橙+	<b>24</b> 鸡肉意大利面+ 蔬菜沙拉* 新鲜水果	<b>25</b> 牛肉/ 西兰花 椰菜花*+ 田园沙拉* 糙米苹果酱	<b>Arbor Day 26</b> 烤鸡肉配黄瓜 蔬菜沙拉* 蔬菜汤, 糙米 维他命C水果+ 
<b>29</b> 牛肉* 蔬菜沙拉* 全麦面包, 橙+	<b>30</b> 烤鸡配四季豆 蘑菇汤 糙米, 哈密瓜+	菜单如有改变不另行通知.	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	<b>每天可替代的餐</b> 鸡肉沙拉或者蔬菜沙拉 <b>1% Milk served each meal</b> Substitution of soy milk or juice available upon request

Spectrum thanks the following organizations for their financial support:

Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, and the City of Hayward.

Call sites directly for reservations. For other inquiries: Main Kitchen (510) 785-1997 Program Manager, Becky Bruno (510) 876-8807