









Mon	Tue	Wed	Thu	Fri
Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese)	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	1% Milk served each meal Substitution of soy milk or juice available upon request Menu subject to change without notice.	Spinach Lasagna + Tossed Vegetable Salad* WW Roll Seasonal Fresh Fruit	Baked Fish with Lemon Caper Sauce Tomato Florentine Soup Broccoli+ Rice Pilaf, Seasonal Fruit
5 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Collard Greens + Brown Rice, Seasonal Fruit	6 Turkey Chili Garden Salad* Cornbread Orange+	ALOHA <i>New Recipe</i> 7 Luau Fish w/Coconut Sauce Spinach Salad w/Fruit & Nuts+* Macaroni Salad Hawaiian Sweet Roll  Seasonal Fresh Fruit	8 Beef Stroganoff Green Beans with Italian Dressing WW Roll Orange +	9 Angie's Asian Chicken Salad Cantaloupe + 
12 Baked Fish Vegetable Blend+ Orzo with Spinach, Chickpea and Lemon Seasonal Fresh Fruit	Birthday Lunch 13 Stir Fried Beef w/Veggies<> over Brown Rice Seasoned Cauliflower+ Seasonal Fresh Fruit  Birthday Cake	14 Teriyaki Chicken Mushroom Barley Soup Lemon Seasoned Broccoli+ Brown Rice Applesauce+	15 Apricot Glazed Pork Tenderloin Mashed Potatoes & Gravy Carrots* WW Roll, Fruit+	16 Roast Turkey Maple Squash Puree Tossed Vegetable Salad* Garlic Bread Orange+
<i>New Recipe</i> 19 Baked Potato with Veg Chili Vegetable Medley Salad* Whole Wheat Roll  Fruit <i>National Potato Day</i>	20 Chicken Gumbo with Fresh Okra Red Beans and Brown Rice Cantaloupe+	21 Meat Loaf Mashed Potatoes w/Gravy Peas and Carrots* Garlic Bread Orange+	22 Tilapia w/Pineapple Salsa + Garden Salad *  Green Beans Orange Rice Pilaf Fresh Fruit	23 Cheese Tortellini with Pesto Tomato Rice Soup Carrots* Strawberries +
<i>New Recipe</i> 26 Sloppy Joes on WW Bun Steamed Broccoli+ Coleslaw Seasonal Fresh Fruit	27 Baked Ziti with Kale* Hearty Vegetable Soup+* Vegetable Medley Salad* Seasonal Fresh Fruit	<i>New Recipe</i> 28 Turkey Fajitas Flour Tortillas  Black Beans Seasonal Fresh Fruit	29 Baked Jerk Chicken Tossed Vegetable Salad* Summer Squash & Zucchini Jamaican Coconut Brown Rice, Fruit	30 Beef Stew* Garden Salad* Biscuit Applesauce+

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