



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 \$10.00

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
2	3	4	5	6
Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup +* WW Roll, Strawberries +	Butternut Squash & Chicken with WW Penne* Tossed Vegetable Salad * Garlic Bread Orange+ 	Turkey and Veggie Fajitas+ Soft Tortillas Black Beans Pico de gallo Grapes	Cod w/ Lemon Caper Sauce Tomato Florentine Soup * Orange Rice Pilaf Brussel Sprouts + Apple	Savory Salisbury Steak Mashed Potatoes & Gravy Carrots* Pineapple Fruit Cup+ WW Roll
9	10	11	12	13
Tasty Turkey Chili Garden Salad * Cornbread Orange + 	Baked Cod Melted Leeks in Cream Sauce* Bok Choy +* WW Roll, Fruit Mix +	Apricot Glazed Chicken Minestrone Soup Carrots * Brown Rice Strawberries+	Beef Stroganoff over Egg Noodles Spinach Salad with Red Onions & Carrots*+ WW Roll, Banana	Cheesy Veggie Rice Casserole+* Tossed Vegetable Salad * WW Roll Grapes
16	17	18	19	20
Baked Potato with Broccoli and Cheese + Garden Salad * Pear WW Roll	Albondingas Entrée Soup+* <i>(Meatballs for soup served on the side)</i> Tossed Vegetable Salad* WW Roll Apple Sauce +	Pot Roast with Gravy Mashed Potatoes Collard Greens Biscuit Orange+ 	Moroccan Chicken Steamed Butternut Squash* Brown Rice Fruit Mix +	HOLIDAY MEAL Lemon Baked Fish Creamed Spinach * Rosemary Potatoes WW Roll Strawberries + Butterscotch Pudding 
23	CLOSED	CLOSED	26	27
Hearty Beef Stew * Vegetable Medley Salad* Biscuit Applesauce +	24	25	Cod with Sun Dried Tomato Sauce on bed of Spinach+* Carrot Soup* WW Roll, Orange + Birthday Cake 	Chicken Cacciatore + over WW Spaghetti Steamed Zucchini WW Crackers Grapes
30	31	Happy Holidays 		31
Chicken Quarters Pesto Potatoes & Green Beans + WW Roll Strawberries+	New Year's Eve Ham <> Black Eyed Peas + Collard Greens Corn Bread Sweet Potatoes*, Orange+ 	Menu subject to change without notice 1% Milk served each meal Substitution of soy milk or juice available upon request		KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat
Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese)				

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