






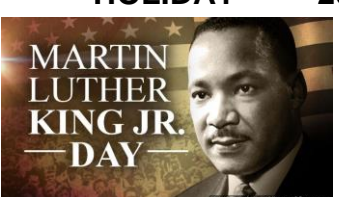



Please sign up or call site directly for reservations 24 hours in advance.

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
Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese) 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 <i>Menu subject to change without notice</i>	HOLIDAY 1 	2 Hearty Beef Stew* Vegetable Medley Salad* WW Roll Fruit+	3 Teriyaki Chicken Mushroom Barley Soup Lemon Seasoned Broccoli+ Brown Rice Fruit
6 Cod with Coconut Sauce Spinach Salad w/Carrots, Red Onion, & Feta+* Broccoli & Carrots +* WW Roll, Fruit	7 Chicken Quarter with BBQ Sauce Hearty Vegetable Soup+* Green Beans WW Roll, Fruit +	8 Baked Potato with Broccoli and Cheese + Garden Salad* WW Roll Fruit	9 Chicken and Leek Pie* served with a biscuit Tossed Vegetable Salad* Fruit+	10 Glazed Meatloaf Mashed Potatoes w/Gravy Peas & Carrots* Garlic Bread Fruit+ 
13 Beef Burger with Lettuce, Tomato, Onion and Pickle on WW Bun Cheddar Potato Soup* Fruit+	14 Tasty Turkey Chili Garden Salad* Cornbread Fruit+	15 Chicken Gumbo with Okra Red Beans Brown Rice Fruit + 	16 Baked Cod Orzo with Spinach, Chickpea and Lemon Vegetable Blend+ WW Roll, Fruit+	17 Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Fruit
HOLIDAY 20 	BIRTHDAY LUNCH 21 Beef Stroganoff over Egg Noodles Seasoned Green Beans WW Roll, Fruit+ Birthday Cake 	22 Southwestern Baked Cod White Bean & Kale Soup+ Carrots* Brown Rice Fruit+	23 Cheesy Veggie Rice Casserole+* Tossed Vegetable Salad* WW Roll Fruit	24 Chicken Tetrazzini over WW Penne Pasta Vegetable Medley Salad* WW Roll Fruit+
Happy Chinese New Year 27 Veggie Stir Fry+ Peas & Carrots* Brown Rice Good Luck Tangerine+ Fortune Cookie 	28 Apricot Glazed Pork Mashed Potatoes w/Gravy Carrots* WW Roll Fruit+	29 WW Spaghetti w/Meat Sauce Vegetable Medley Salad* Seasoned Cauliflower+ Fruit+	30 Baked Lemon Chicken with Mushroom Sauce Split Pea Soup Garden Salad * Brown Rice, Fruit+	31 Turkey & Veggie Fajitas+ Soft Tortillas Black Beans Pico de gallo Fruit 

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