








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
<p>1</p> <p>Turkey Chili Garden Salad* Cornbread Strawberries+</p> 	<p>2</p> <p>Baked Jerk Chicken with Creamy Cucumber Sauce Minestrone Soup Tossed Vegetable Salad* Jamaican Coconut Brown Rice, Tangerine+</p>	<p>3</p> <p>Beef Burger on WW Bun with Lettuce, Tomato, Onion and Pickle Potato Salad Watermelon Chocolate Chip Cookies</p>	<p>HOLIDAY 4</p> <p>Happy Independence Day</p>  <p>Spectrum is closed July 4th and 5th</p>	<p>HOLIDAY 5</p>
<p>8</p> <p>Baked Fish with Pasta Primavera Marinated Carrots* Oranges+</p>	<p>9</p> <p>Turkey Sandwich on WW Bread with Lettuce and Tomato Garden Salad* Strawberries+</p>	<p>10</p> <p>Chicken Breast with Apricot Glaze Hearty Vegetable Soup+* Spinach* Brown Rice, Apricots*</p>	<p>11</p> <p>Tri-Color Pepper Steak with Onions & Zucchini+ Brown Rice Seasonal Fresh Fruit</p>	<p>12</p> <p>Spinach Ravioli Tossed Vegetable Salad* WW Roll Fruit Mix+</p> 
<p>15</p> <p>Roast Chicken Breast Pesto Potatoes and Green Beans + WW Roll Grapes</p>	<p>16</p> <p>Sweet and Sour Pork over Brown Rice Steamed Broccoli Cantaloupe+</p> 	<p>17</p> <p>Beef Ragu over WW Penne Pasta Spinach Salad with Fruit and Nuts+*</p>	<p>18</p> <p>Baked Fish with Lemon Yogurt Sauce over Arugula Vegetable Bean Soup Carrots*, WW Roll Oranges+</p>	<p>19</p> <p>Turkey with Cranberry Rosemary Potatoes Spinach* WW Roll Fruit Mix+</p>
<p>22</p> <p>Veggie Burger on WW Bun with Lettuce, Tomato and Onion < > Lentil and Black Bean Soup Vit C Fruit+</p>	<p>23</p> <p>Beef Stew* Vegetable Medley Salad* WW Roll Oranges+</p>	<p>24</p> <p>Tuna Salad on WW Bread Minestrone Soup Tossed Vegetable Salad* Strawberries+</p>	<p>Birthday Lunch 25</p> <p>Moroccan Chicken Garden Salad* Brown Rice Oranges+ Birthday Cake</p> 	<p>26</p> <p>Meatloaf with Gravy Carrots* Mashed Potatoes WW Roll Seasonal Fresh Fruit</p>
<p>29</p> <p>Beef Stir Fry with Broccoli and Cauliflower+* Garden Salad* Brown Rice Melon+</p> 	<p>30</p> <p>Herb Baked Chicken Mushroom Barley Soup Vegetable Medley Brown Rice Cantaloupe+</p>	<p>31</p> <p>Pork Roast Green Beans Red Cabbage+ WW Roll Apple Sauce+</p>	<p>Menu subject to change without notice</p> <p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>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</p>

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