

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

**Suggested contribution: \$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>Everyday Alternative Option</b> <b>Chef Salad</b> - Choose Chicken or Vegetarian (both include egg and cheese)	<b>1% Milk served each meal</b> Substitution of soy milk or juice available upon request	<b>Menu subject to change without notice.</b>		<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat
<b>3</b> Pork with Pineapple Relish Green Beans with Italian Dressing Cabbage+ WW Roll, Grapes	<b>4</b> Turkey and Vegetable Chili Tossed Vegetable Salad* Cornbread Fruit Mix+ 	<b>5</b> Herb Baked Fish Split Pea Soup Cooked Spinach* Brown Rice Cantaloupe+	<b>6</b> Angie's Asian Chicken Salad+ Apricot Halves* Fortune Cookie  	<b>7</b> Beef Burger with Tomato, Lettuce and Onion on a Wheat Bun Potato Salad Oranges+
<b>10</b> Paprika Chicken Bean Soup with Collard Greens+ Carrots* WW Roll, Applesauce	<b>11</b> Salisbury Steak Patty with Peppers and Gravy Peas and Carrots* Rosemary Potatoes Garlic Bread, Oranges+	<b>12</b> Sweet and Sour Pork with Vegetables Garden Salad* Brown Rice Strawberries+	<b>13</b> Mock Crab and Egg Salad Served with Romaine Lettuce and Tomato* WW Bread Oranges+	<b>14</b> Spinach Lasagna+ Garden Salad* WW Roll Seasonal Fruit 
<b>Father's Day Meal 17</b> Pot Roast with Gravy Mashed Potatoes Southern Style Collard Greens WW Roll Mandarin Oranges+	<b>18</b> Lemon Baked Fish WW Penne Primavera Marinated Carrots* WW Roll Oranges+	<b>19</b> Chicken Gumbo with Okra Red Beans Brown Rice Cantaloupe+ 	<b>20</b> Cheese Tortellini with Pesto Tomato Rice Soup Spring Mix Salad Strawberries+	<b>Summer Solstice 21</b> Pork Carnitas Fruit Salad with Nuts+* Spanish Rice with Black Beans+ 
<b>24</b> Baked Fish with Lemon Caper Sauce Tomato Florentine Soup Green Beans WW Pasta Seasonal Fruit	<b>25</b> BBQ Pork on a WW Bun Vegetable Medley Salad Coleslaw+ Seasonal Fruit	<b>Birthday Lunch 26</b> Turkey with Cranberry Rosemary Potatoes Carrots* WW Roll Fruit Mix+ Cake 	<b>27</b> Spaghetti with Meat Sauce Spring Mix Salad with Tomatoes and Cucumbers Cauliflower+ Garlic Bread Seasonal Fruit	<b>28</b> Teriyaki Chicken Mushroom Barley Soup Lemon Seasoned Broccoli+ Brown Rice Apple

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