

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	Menu subject to change without notice KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	Turkey Sandwich with Tomato, Lettuce and Onion on Wheat Bread Coleslaw Apple 	Tilapia w Pineapple Salsa + Steamed Broccoli+ Garden Salad * Orange Rice Pilaf Seasonal Fresh Fruit	Pork Carnitas Taco Soup <> Spanish Rice Fruit Salad with Nuts+  <i>Ole!</i>
Birthday Lunch 6 Baked Fish Vegetable Blend Orzo with Spinach, Chickpea and Lemon Orange+ Birthday Cake 	Beef Stir-Fry with Broccoli and Cauliflower+* Brown Rice Apple	Cheese Tortellini with Pesto Tomato Rice Soup Carrots* WW Crackers Strawberries+	Chicken Tetrizzini with Vegetables Tossed Vegetable Salad* Fruit Mix+	Roast Turkey Maple Squash Puree Garden Salad* Strawberries+ Garlic Bread 
Nat'l Fruit Cocktail Day 13 Butternut Squash with Chicken and WW Penne Pasta* Vegetable Medley Salad Fruit Cocktail+	Cheesy Vegetable Rice Casserole+* Fruit Salad with Nuts +* WW Roll Seasonal Fresh Fruit	Apricot Glazed Pork Mashed Potatoes and Gravy Carrots* Tangerine+ WW Roll	Turkey Chili Garden Salad* Cornbread Applesauce+ 	Beef Burger with Tomato, Lettuce, Onion on WW Bun Potato Salad Orange+
Baked Ziti with Kale* Vegetable Medley Salad* Oranges+	Nat'l Strawberries & Cream Day 21 Turkey with Gravy and Cranberry Mashed Potatoes Carrots*, WW Roll Strawberries+ & Cream 	Chicken Gumbo with Fresh Okra Red Beans and Brown Rice Cantaloupe+	Meat Loaf with Gravy Mashed Potatoes Cooked Spinach* Garlic Bread Orange+	Baked Lemon Chicken with Mushroom Sauce Bean Soup with Collard Greens + Brown Rice, Seasonal Fruit
HOLIDAY 27 	Chicken Quarter Pesto Potatoes and Green Beans + WW Roll Strawberries+	Beef Stew* Vegetable Medley Salad WW Roll Orange+ 	Spinach Lasagna + Tossed Vegetable Salad* Seasonal Fresh Fruit WW Roll	Baked Fish with Lemon Caper Sauce Tomato Florentine Soup Broccoli+ Rice Pilaf, Seasonal 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