



JUNE 2020

Spectrum kitchen is temporarily closed. We are working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.



Choose one way to reserve your takeout meal in advance:

- Sign up directly with the distribution site
- Email request to: Meals@SpectrumCS.org
- Call Spectrum Meal Hotline: 510-881-0300 x242

Mon	Tue	Wed	Thu	Fri
1 Impossible Burger™ Open-Faced Patty Melt w/ Caramelized Onions, Cheese on Sourdough Rosemary Potatoes Broccoli+, Fresh Fruit	2 Swedish Meatballs Over WW Noodles Carrot Coins* Green Beans Fresh Fruit+	3 Cold Salad Meal Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll Low Sodium V8	4 Chicken Drumstick Roasted Sweet Potatoes Peas Wheat Roll Fresh Fruit	5 Turkey Burger w/Wheat Bun Green Beans Corn Fresh Fruit+
8 Spinach Lasagna+* Steamed Cabbage+ Carrots* Fruit Cup	9 Breaded Catfish Brown Rice Broccoli+ Corn w/Red Peppers Seasonal Fresh Fruit	10 Cold Salad Meal Chicken, Noodle & Cabbage Salad w/ Sesame Dressing Edamame Mandarin Oranges+ Low Sodium V8	11 Pot Roast Mashed Potatoes Brussels Sprouts+ Seasonal Fresh Fruit Wheat Bread	12 Chicken Parmesan Whole Wheat Spaghetti CA Vegetable Blend+* Broccoli+ Fruit Cup
15 Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Seasonal Fresh Fruit	16 Chicken Cordon Bleu Green Beans Peas and Onions Wheat Roll Seasonal Fresh Fruit+	17 Cold Salad Meal Southwest Chicken Salad on Romaine Tomato, Cucumber Orzo Salad Pineapple Tidbits+ Low Sodium V8	18 Hamburger on Wheat Bun Roasted Potatoes Peas & Carrots* Tender Greens w/Fruit+	19 Sweet & Sour Chicken Chow Mein Noodles Baby Carrots* Green Beans Seasonal Fresh Fruit+
22 Impossible Burger™ Salisbury Steak with Gravy Mashed Potatoes Brussels Sprouts, Seasonal Fresh Fruit	23 Chicken Burrito Rice Bowl with Black Beans Corn and Red Peppers+ Broccoli+ Fresh Fruit	24 Cold Salad Meal Seafood Salad over Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Roll Low Sodium V8	25 Chicken Jambalaya over White Rice Capri Vegetables* Stewed Cinnamon Apples	26 Beef Chow Mein Cabbage+ Mixed Vegetables Fresh Fruit
29 Vegetarian Quiche Cauliflower w/Red Peppers+ Broccoli+ Wheat Roll Fruit Cup	30 Ham w/ Creamy Mustard Sauce over Mashed Potatoes Herbed Orzo Succotash Fresh Fruit+	Suggested donation: \$3.75 Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	1% Milk served each meal Menu subject to change without notice

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. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org