












Please sign up or call site directly for reservations.
Minimum of three (3) business days' notice is required.

Senior Rate: \$3.75 donation per meal
Any additional contribution is greatly appreciated

No registered senior will be refused a meal due to lack of funds. **Guests under 60: \$10 flat fee**

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+</p>	<p>4</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p> 	<p>5 </p> <p>Vegetable Stir Fry+* House Salad Brown Rice Fruit</p>	<p>6</p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>  California Poppy Day	<p>7</p> <p>Southwestern Baked Cod Southwestern Side Salad Carrots* Rice Pilaf Fruit+, Dessert</p>
<p>HOLIDAY MEAL 10</p> <p>Baked Ham Sweet Potatoes*+ Broccoli/Red Bell Pepper+ Hawaiian Roll Fruit</p> 	<p>11</p> <p>Ginger Beef Bowl Carrots* Brown Rice Fruit+</p>	<p>12</p> <p>Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+</p>	<p>13</p> <p>Cod w/Coconut Curry Sauce Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit</p>	<p>14 </p> <p>WW Pasta w/Veggie Marinara Sauce* House Salad Garlic Breadstick Fruit+</p> 
<p>17</p> <p>Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup WW Bread, Fruit+</p>	<p>18</p> <p>Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert</p>	<p>19 </p> <p>Pesto Tortellini Primavera+* Tomato Soup Garlic Breadstick Fruit</p> 	<p>20</p> <p>Albondigas Soup+* with Beef Meatballs Tossed Vegetable Salad* Tortilla Chips Fruit</p>	<p>21</p> <p>BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad+ Fruit</p>
<p>24</p> <p>Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit</p>	<p>25 </p> <p>Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad Couscous Fruit</p>	<p>26</p> <p>Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+</p>	<p>27</p> <p>Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit</p>	<p>28</p> <p>Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Brown Rice, Fruit</p> 
			<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day</p>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org