













Please sign up or call site directly for reservations.
 Minimum of three (3) business days' notice is required.
 Indicate meal choice: **Meet & Eat** or **Grab & Connect: Take-away**

Senior Rate: \$4 contribution per meal
 Any additional contribution is greatly appreciated.
 No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat fee**

Mon	Tue	Wed	Thu	Fri
HOLIDAY 1 	Easter Holiday Meal 2 Baked Ham Sweet Potatoes+* Broccoli & Red Bell Pepper+ Hawaiian Roll Applesauce Fruit Cup+ <i>Dessert (M&E only)</i> 	NEW 3 Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	NEW 4 Grilled Turkey & Cheese on WW Bread w/Lettuce, Tomato, & Onion Broccoli Raisin Salad+ Fruit	NEW 5 Glazed Meatloaf Mashed Potatoes w/Gravy Peas & Carrots* WW Roll Fruit+
8 Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato, & Onion Tomato Soup, Fruit+	NEW 9 Chili Dijon Pork Tenderloin+ Carrots* Roasted Potatoes Cornbread Fruit	10  Lentil Vegetable Curry+* Roasted Broccoli+ Brown Rice Fruit	11 Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	12 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 
15 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad Rice Pilaf Fruit	16 Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	17 Chicken Salad w/Raisins over Romaine, Tomato, & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	18  Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic bread Fruit 	19 Baked Cod w/Melted Leeks sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit
22 Imitation Crab & Egg Salad over Romaine w/Tomato Wedge Minestrone Soup WW Bread, Fruit+	23 BBQ Chicken Sandwich on WW Bun w/Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	24 Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Rice Fruit+	NEW 25 Chicken Tacos (2) w/Cilantro & Diced Onions Tossed Vegetable Salad* Pinto Beans+ Corn Tortillas, Fruit	NEW < > 26  Spinach Mushroom Lasagna+*  House Salad* Garlic Bread Fruit
29 Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	30  Veggie Chili  Roasted Brussels Sprouts+ Cornbread Fruit		1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day

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

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