







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

Mon	Tue	Wed	Thu	Fri
<p><b>Suggested donation: \$3.75</b> Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>	<p>1% Milk served each meal  Menu subject to change without notice.</p>	<p><b>April Fool's Day 1</b> Chicken Burrito Bowl with Black Beans &amp; Brown Rice Sweet Corn w/ Peppers, Broccoli+ Fresh Fruit</p>	<p><b>2</b> Baked Ham&lt;&gt; Mashed Potatoes Green Beans Corn Muffin Fresh Fruit+  Chocolate Eggs</p>
<p><b>5</b> Pasta Primavera+ with WW Rotini Yams*+ Spiced Apples  <i>Nat'l Daffodil Day</i></p>	<p><b>6</b> Southwestern Baked Fish over Brown Rice Mixed Vegetables* Zucchini Seasonal Fresh Fruit</p>	<p><b>Cold Salad Meal 7</b> Asian Chicken Salad with Noodles* Edamame Mandarin Oranges Wheat Crackers, LS V8+</p>	<p><b>8</b> Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p><b>9</b> Beef Chow Mein Cabbage+ Mixed Vegetables*+ Seasonal Fresh Fruit</p>
<p><b>12</b> Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Fresh Fruit</p>	<p><b>13</b> Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit</p>	<p><b>Cold Salad Meal 14</b> Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+</p>	<p><b>15</b> BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit </p>	<p><b>16</b> Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+</p>
<p><b>19</b> Spinach Lasagna+ Carrots* Warm Apricots Whole Wheat Roll  <i>Nat'l Garlic Day</i></p>	<p><b>20</b> Breaded Catfish over Herbed Orzo Broccoli+ Corn w/Red Peppers* Seasonal Fresh Fruit</p>	<p><b>Cold Salad Meal 21</b> Egg Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+ </p>	<p><b>22</b> Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Spinach* Fresh Fruit</p>	<p><b>23</b> Beef Tamales Pinto Beans Mixed Vegetables* Seasonal Fresh Fruit+</p>
<p><b>26</b> Cheese Enchiladas Pinto Beans Fiesta Corn Seasonal Fresh Fruit+</p>	<p><b>27</b> Turkey Burger on Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+ </p>	<p><b>Cold Salad Meal 28</b> Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p><b>29</b> Chicken Jambalaya over White Rice Capri Vegetables+ Cinnamon Apples</p>	<p><b>30</b> Beef Stroganoff over Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>