













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

Same low rate since 2014!
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> 1</p> <p>Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad*+ Fruit</p>	<p>2</p> <p>Cod w/Lemon Yogurt Sauce SW Side Salad+ Peas and Carrots* Brown Rice Fruit+</p>	<p>Nat'l Watermelon Day 3</p> <p>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans  WW Tortilla, Fruit</p>	<p>4</p> <p>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit Dessert</p>	<p>5</p> <p>Veggie Chili over Baked Potato Broccoli+ Cornbread Fruit</p>
<p>8</p> <p>Turkey & Veggie Stir-fry Roasted Cauliflower+ Brown Rice  Fruit</p>	<p>9</p> <p>Cabbage Roll Soup*+ Vegetable Medley Salad* WW Roll Fruit</p>	<p>10</p> <p>Baked Cod with Sun-dried Tomato Sauce Tossed Vegetable Salad* Green Beans Rice Pilaf, Fruit+</p>	<p> 11</p> <p>Veggie Burrito Bowl+ over Brown Rice Spinach Salad w/Carrots & Red Onion*+ Fruit</p>	<p>12</p> <p>Chicken Dijon Endive Soup Carrots* Brown Rice Fruit+</p>
<p>15</p> <p>Southwestern Chicken Salad*+ Hearty Vegetable Soup*+ Chips Fruit</p>	<p>< > 16</p> <p>Carnitas Pulled Pork on WW Bun with Mexican Coleslaw+ Pinto Beans Roasted Corn Fruit</p>	<p>17</p> <p>Apricot Glazed Chicken Vegetable Blend*+ Spinach Medley Salad* Rice Pilaf Fruit+ Dessert</p>	<p>18</p> <p>Tuna Sandwich on WW Bread with Lettuce, Tomato, & Onion Baked Sweet Potato Tots* Fruit+</p>	<p> 19</p> <p>Lentil Vegetable Curry*+ Broccoli+ Brown Rice  Fruit</p>
<p>22</p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+</p>	<p> 23</p> <p>Chef Entrée Salad*+ WW Roll  Fruit World Daffodil Day</p>	<p>24</p> <p>Teriyaki Chicken Ginger Sweet Potato Soup* Vegetable Blend*+ Pineapple Veg Rice Fruit</p>	<p>25</p> <p>Turkey Sandwich on WW Bread with Cranberry Sauce, Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit</p>	<p>26</p> <p>Salisbury Steak w/ Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+</p>
<p>29</p> <p>Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+</p>	<p>30</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p>	<p> 31</p> <p>Vegetable Stir Fry*+ House Salad*  Brown Rice Fruit</p>	<p>1% Milk served each meal</p> <p><i>Menu subject to change without notice</i></p>	<p>KEY + 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, 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