









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

Senior Rate: \$4 donation 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**

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i> Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go, no Zoom	1 Baked Cod w/Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Rice Pilaf Fruit	2 Ginger Beef Bowl Carrots* Brown Rice Fruit+	3 Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+ 	4 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+
7 Albondigas Soup+* (includes beef meatballs) Tossed Vegetable Salad* Tortilla Chips Fruit	8 Chicken Fajitas+ Black Beans Soft WW Tortillas Fruit	9 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 	10 BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	11 Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup+ WW Bread, Fruit+
14 Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	15 Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous Fruit  <i>Dessert (Meet & Eat only)</i>	16 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	17 Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+	18 Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit
21 Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+	22 Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit	23 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit	24 Baked Cod w/Lemon Yogurt Sauce Brussels Sprouts+ Peas and Carrots* Orzo, Fruit	25 Veggie Chili over Baked Potato+ Roasted Broccoli+ Cornbread Fruit 
28 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit 	29 Beef Cabbage Roll Soup*+ Vegetable Medley Salad* Biscuit Fruit	30 Cod with Sun-dried Tomato Sauce Carrot Coins* Green Beans Brown Rice Pilaf, Fruit+	31 Veggie Burrito Bowl+ over Brown Rice Tossed Vegetable Salad* Fruit <i>Dessert (Meet & Eat only)</i>	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, Becky Bruno: BBruno@SpectrumCS.org