

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 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**

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	<b>Meal Options</b> <b>Meet &amp; Eat:</b> Dine at site <b>Grab &amp; Connect:</b> To-go with participation in Zoom activity <b>Take-Away:</b> To-go with no social activity	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day		<b>1</b> Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice, Fruit
<b>4</b> Blackened Cod with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	<b>5</b> Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	<b>6</b> Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit <i>Dessert (Meet &amp; Eat only)</i>	<b>7</b> Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	<b>8</b> Turkey Sloppy Joes+ on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit
<b>11</b> Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+ 	<b>12</b> Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit	<b>13</b> Coconut Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit	<b>14</b> Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	<b>15</b> Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit
<b>18</b> Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	<b>19</b> Asian Veggie Curry* Broccoli+ Brown Rice Fruit	<b>20</b> Chicken Enchilada Verde Casserole*+ Black Beans Steamed Corn Fruit 	<b>21</b> Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	<b>22</b>  <b>Holiday Meal</b> Pot Roast with Gravy Mashed Potatoes Southern Style Collard Greens WW Roll Fruit+, <i>Dessert (M&amp;E only)</i> 
<b>Closed for Holiday 25</b> 	<b>Closed for Holiday 26</b> 	<b>27</b> Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit	<b>28</b> Pork Adobo Steamed Bok Choy*+ Carrots* Garlic Rice Fruit	<b>29</b> Greek Cod w/Potatoes, Scallions, Tomatoes+ Over Orzo Blend+ Cold Beet & Garlic Salad Fruit

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](mailto:BBruno@SpectrumCS.org)