

# February 2023

Mon	Tue	Wed	Thu	Fri
		<b>1</b> Veggie Stir Fry+* Broccoli+ Brown Rice Fruit	<b>Ground Hog Day 2</b> Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+ 	<b>3</b> Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice, Fruit
<b>6</b> Roasted Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit	<b>7</b> Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit	<b>8</b> Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	<b>9</b> Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	<b>NEW 10</b> Sweet & Sour Chicken* Asian Blend Veggies Brown Rice Fruit+ 
<b>13</b> Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit	<b>Valentine's Day 14</b> Cod w/Coconut Curry Sauce over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit Dessert 	<b>15</b> Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	<b>16</b> Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	<b>17</b> Pasta w/Marinara Sauce Brussels Sprouts+ House Salad Garlic Bread Fruit
<b>HOLIDAY 20</b> 	<b>21</b> Asian Veggie Curry* Broccoli+ Brown Rice Fruit	<b>22</b> Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	<b>Nat'l Chili Day 23</b> Turkey Chili Vegetable Medley Salad* Cornbread Fruit + 	<b>&lt; &gt; 24</b> Chili Verde Chicken *+ w/WW tortilla on the side Pinto Beans Corn Fruit
<b>27</b> Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	<b>NEW 28</b> Turkey Burger on WW Bun w/Lettuce, Tomatoes, Pickles & Onions Sweet Potato Tots* Fruit+		<b>1% Milk served each meal</b>  <b>Menu subject to change without notice.</b>	<b>KEY</b> + 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, Cities of Hayward, San Leandro & Union City, Eden Health District, 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