











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>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day	 FEBRUARY IS BLACK HISTORY MONTH	1 Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	2 Ground Hog Day Turkey Sloppy Joes+ on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit 
5 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes, and Diced Onions Pinto Beans WW Tortilla, Fruit	6 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	7 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+	8 ✓ Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	9 Lunar New Year Coconut Curry Cod over Rice Pilaf Cauliflower+ Carrots* Fruit <i>Cookie (M&E only)</i> 
12 Albondigas Soup+* (with beef meatballs) Southwest Side Salad Tortilla Chips Fruit	13 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	14 ✓ Valentine Meal Spinach/Ricotta Ravioli w/Creamy Mushrooms Baby Carrots* Italian Cut Green Beans Garlic Bread, Fruit+ <i>Dessert (M&E only)</i> 	15 Chile Verde Chicken Casserole+* <> Pinto Beans Corn Fruit	16 Turkey Chili Vegetable Medley Salad* Cornbread Fruit+
HOLIDAY  19	20 Pork Adobo Broccoli+ Carrots* Garlic Rice Fruit	21 Chicken Leek Pie* with a Biscuit Tossed Vegetable Salad* Fruit+	22 Greek Cod w/Potatoes, Scallions, Tomatoes+ over Orzo Blend Cold Beet & Garlic Salad Fruit	23 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit 
26 Roast Chicken Roasted Potatoes Pesto Green Beans+ WW Roll Fruit	27 (Turkey) Cabbage Roll Entrée Soup*+ House Salad WW Roll Fruit 	28 Cod Fish Tacos+ w/Mexican slaw Black Beans Azteca Soup+* Fruit	29 ✓ Leap Day Veggie Chili over Baked Potato+ Broccoli+ Cornbread 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