






Choose one way to reserve your takeout meal in advance:

- Sign up directly with the distribution site
- Email request to: [Meals@SpectrumCS.org](mailto:Meals@SpectrumCS.org)
- Call Spectrum Meal Hotline: 510-881-0300 x242

| Mon   | Tue   | Wed  | Thu   | Fri   |
|---|---|--|---|---|
| <b>Suggested donation: \$3.75</b><br><b>Any additional contribution is greatly appreciated.</b><br><b>No registered senior over 60 will be refused a meal due to lack of funds.</b> | <b>KEY</b><br>+ Vitamin C Source<br>* Vitamin A Source<br><> High Sodium Day<br>WW = Whole Wheat  | <b>1% Milk served each meal</b><br><br><b>Menu subject to change without notice.</b>   |   | <b>HOLIDAY 1</b><br><br> |
| <b>4</b><br>Veggie Burger with a Whole Wheat Bun<br>Fiesta Corn<br>Roasted Potatoes<br>Fresh Fruit+   | <b>5</b><br>Brown Rice, Black Bean and Chicken Burrito Bowl<br>Sweet Corn w/ Peppers<br>Broccoli+<br>Fresh Fruit  | <b>Cold Salad Meal 6</b><br>Tuna Salad on Greens<br>Carrot Raisin Salad*<br>Pineapple Tidbits+<br>Wheat Roll<br>Low Sodium V8+  | <b>7</b><br>Turkey Tetrazzini<br>Peas and Carrot*<br>Broccoli+<br>Fresh Fruit   | <b>8</b><br>Chicken Parmesan over WW Penne Pasta<br>Cauliflower+<br>Peas<br>Fresh Fruit                     |
| <b>11</b><br>Spinach Lasagna+*<br>Carrots*<br>Warm Apricots<br>Breadstick   | <b>12</b><br>Pulled Pork<br>Steamed Cabbage+<br>Capri Vegetables+<br>Whole Wheat Bun<br>Fresh Fruit  | <b>Cold Salad Meal 13</b><br>Southwest Chicken Salad on Romaine+<br>Macaroni Salad<br>Pineapple Tidbits+<br>Low Sodium V8+   | <b>14</b><br>Chicken Pot Pie with Biscuit Topping<br>Herbed Cauliflower+<br>Spiced Peaches  | <b>15</b><br>Meat Loaf with Gravy<br>Mashed Potatoes<br>Broccoli+<br>Whole Wheat Roll<br>Fresh Fruit        |
| <b>HOLIDAY 18</b><br><br>   | <b>19</b><br>Beef Tacos with WW Flour Tortilla<br>Pinto Beans<br>Vegetable Blend*<br>Fruit Cup+   | <b>Cold Salad Meal 20</b><br>Asian Chicken Salad with Noodles & Vegetables*<br>Edamame<br>Mandarin Oranges<br>Wheat Crackers, LS V8+   | <b>21</b><br>Creole Baked Fish over Rice Pilaf<br>California Veggie Blend+*<br>Peas and Onions<br>Banana  | <b>22</b><br>Salisbury Steak<br>Mashed Potatoes<br>Brussels Sprouts+<br>Wheat Bread<br>Fresh Fruit          |
| <b>25</b><br>Cheesy Pasta Bake<br>Lima Beans<br>Cauliflower with Red Peppers+<br>Fresh Fruit  | <b>26</b><br>Breaded Cod <> Sandwich with Tartar Sauce<br>Mixed Vegetables+<br>Roasted Potatoes<br>Fresh Fruit  | <b>Cold Salad Meal 27</b><br>Chicken Ranch Salad on Romaine+<br>Three Bean Salad<br>Marinated Tomatoes<br>Wheat Crackers<br>Low Sodium V8+   | <b>28</b><br>Chicken Cordon Bleu over Rice Pilaf<br>Spinach*<br>Peas and Onions<br>Fresh Fruit+  | <b>29</b><br>Swedish Meatballs over WW Noodles<br>Peas<br>Broccoli+<br>Fresh Fruit                          |

Spectrum thanks the following organizations for their financial support:

Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, and the City of Hayward.

Call sites directly for reservations. Program Manager, Becky Bruno email: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)