

Please sign up or call site directly for reservations 24 hours in advance.

Suggested donation: \$3.75

Guests under 60 may purchase a meal for \$10.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Beef Burger w/Lettuce, Tomato, Onion, & Pickle on a WW Bun Lentil & Black Bean Soup+ Fruit</p>	<p>4</p> <p>Sweet and Sour Pork Steamed Broccoli + Carrots* Brown Rice Fruit</p> 	<p>5</p> <p>Cod w/Sun-dried Tomato Sauce on bed of Spinach+* Carrot Soup * WW Roll Fruit</p>	<p>6</p> <p>Chile Verde Chicken Enchilada Casserole+* Black beans Steamed Corn Fruit</p>	<p>7</p> <p>Spaghetti with Veggie Marinara+ Vegetable Medley Salad* Garlic Bread Fruit</p>
<p>10</p> <p>Herb Baked Fish w/ Melted Leeks Cream Sauce* Cesar Salad+ WW Roll Fruit <i>Dessert: Pudding</i></p>	<p>11</p> <p>Chicken Salad with Golden Raisins over Romaine Lettuce with Tomato and Cucumber Hearty Vegetable Soup+* WW Roll, Fruit</p>	<p>12</p> <p>Beef Stir-Fry w/Broccoli & Cauliflower+ Spring Mix Salad with Cucumbers and Tomatoes Brown Rice Fruit</p>	<p>13</p> <p>Spinach Lasagna+ <> Garden Salad * Bread Stick Fruit</p> 	<p>14</p> <p>Turkey with Gravy Rosemary Potatoes Green Beans WW Roll Fruit+</p>
<p>HOLIDAY 17</p> 	<p>18</p> <p>Herb Baked Chicken Pesto Potatoes & Green Beans + Biscuit Fruit</p>	<p>19</p> <p>Turkey Sloppy Joes + on WW Bun Garden Salad * Fruit</p>	<p>20</p> <p>Tuna Salad Sandwich on WW Bread Cheddar Potato Soup+* Vegetable Medley Salad* Fruit</p>	<p>21</p> <p>BBQ Pork Chop Red Cabbage+ Carrots* Brown Rice Fruit</p> 
<p>24</p> <p>Albondingas Entrée Soup+* Tossed Vegetable Salad* WW Crackers Fruit</p>	<p>25</p> <p>Veggie Burger w/Lettuce, Tomato, & Onion on a WW Bun Roasted Sweet Potatoes+* Fruit</p>	<p>26</p> <p>Chicken Cacciatore+ over WW Penne Brussel Sprouts+ Fruit <i>Dessert: Cake</i></p> 	<p>27</p> <p>Glazed Meatloaf Mashed Potatoes & Gravy Peas & Carrots Blend* WW Roll Fruit +</p>	<p>28</p> <p>Baked Fish w/ Lemon Caper Sauce Tomato Florentine Soup* Seasoned Broccoli+ Brown Rice, Fruit</p>
<p>31</p> <p>Moroccan Chicken Sweet Potatoes +* Carrot & Chickpea Salad* WW Pita Bread Fruit</p>	<p>HAPPY New Year</p> 		<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward, San Leandro & Union City, and Rotary Club of Hayward. For reservations, contact sites directly. For other inquiries call our Main kitchen: (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org