








Please sign up or call site directly for reservations.
 Minimum of three (3) business days' notice is required.

Senior Rate: \$3.75 donation per meal
 Any additional contribution is greatly appreciated
 No registered senior will be refused a meal due to lack of funds. **Guests under 60: \$10 flat fee**

Mon	Tue	Wed	Thu	Fri
Closed for Holiday 2 	New Year Holiday Meal 3 Baked Chicken w/Lemon, Garlic & Rosemary Collard Greens & Black-Eyed Pea Soup Sweet Potatoes*, WW Roll Fruit+, Dessert	NEW 4 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodles+ Fruit	5 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	6 Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit
9 Fish Tacos+ (WW Tortilla) with Mexican slaw Black Beans Azteca Soup+* Fruit	10 Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+	11 Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit 	NEW 12 Turkey Cabbage Roll Entrée Soup+* House Salad WW Roll Fruit	13 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit
Closed for Holiday 16 	17 Veggie Burger on WW Bun with Leaf Lettuce, Tomato, & Onion Carrot Chickpea Salad*+ Fruit	18 Cod with Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup+* Fruit	NEW 19 Chicken Parmesan with Marinara Sauce over WW Pasta Cesar Salad Carrots*, Fruit+	Chinese New Year 20 Beef Stir Fry w/veggies + Broccoli+ Brown Rice Fruit Fortune Cookie 
23 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+	24 Baked Southwestern Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	25 Chicken Cacciatore with WW Pasta+ Baby Carrots* Fruit	26 Veggie Shawarma+ Ginger Sweet Potato Soup* WW Pita Fruit Dessert 	27 Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+
30 Baked Cod with Lemon-Caper Sauce over Rice Pilaf Tomato Florentine Soup* Green Beans, Fruit+	31 Italian Turkey Soup+ Large House Salad* Garlic Bread Fruit 		1% Milk served each meal Menu subject to change without notice.	KEY + 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, 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