






Spectrum kitchen is temporarily closed. We are working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.



Choose one way to reserve your takeout meal in advance:

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

Mon	Tue	Wed	Thu	Fri
<p>Suggested donation: \$3.75 Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds. <i>Menu subject to change without notice</i></p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat 1% Milk served each meal</p>	<p>Cold Salad Meal 1 Chicken Ranch Salad on Romaine+ 3-Bean Salad Seasonal Fresh Fruit Wheat Crackers, LS V8+</p>	<p>< > 2 BBQ Pork Riblets Baked Beans Scalloped Potatoes Seasonal Fresh Fruit+ Whole Wheat Roll</p>	<p>Closed for Holiday 3  Independence Day Observed</p>
<p>6 Vegetable Frittata Veggie Blend+* Brown Rice Seasonal Fresh Fruit</p>	<p>< > 7 BBQ Chicken Grilled Potatoes & Peppers* Sweet Corn Seasonal Fresh Fruit Corn Muffin</p>	<p>Cold Salad Meal 8 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll  LS V8+</p>	<p>9 Turkey Burger on Wheat Roll Green Beans Fiesta Corn* Seasonal Fresh Fruit</p>	<p>10 Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>
<p>13 Impossible Burger on Wheat Bun Peas Roasted Vegetables* Seasonal Fresh Fruit+</p>	<p>14 Baked Fish  Brown Rice Green Peas CA Blend Vegetables+* Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 15 Asian Beef Salad with Noodles & Vegetables* Edamame Mandarin Oranges+ Wheat Crackers, LS V8+</p>	<p>16 Spinach Lasagna Steamed Cabbage+ Carrots* Bread Stick Fruit Cup+</p>	<p>17 Herbed Chicken Veggie Blend+* Wheat Rotini w/Vegetables Seasonal Fresh Fruit</p>
<p>20 Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Seasonal Fresh Fruit</p>	<p>21 Brown Rice, Black Beans and Chicken Burrito Bowl Corn w/Red Peppers* Broccoli+ Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 22 Seafood Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Roll, LS V8+</p>	<p>23 Hamburger  on Wheat Bun Roasted Potatoes Peas and Carrots* Fresh Orange+</p>	<p>24 Sweet and Sour Chicken Chow Mein Noodles Baby Carrots* Green Beans Seasonal Fresh Fruit+</p>
<p>27 Spaghetti w/Mushroom Balls Brussels Sprouts+ Cinnamon Apples  Wheat Roll</p>	<p>28 Creole Baked Fish over Rice Pilaf California Veg. Blend+* Green Beans Banana</p>	<p>Cold Salad Meal 29 Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>30 Chicken Pot Pie w/Biscuit Topping Peas and Carrots* Spiced Peaches</p>	<p>31 Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fresh Fruit</p>

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