






- 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
<p><b>Suggested donation: \$3.75</b> Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>	<p>1% Milk served each meal  Menu subject to change without notice.</p>	<p>1 Turkey Tetrazzini Green Beans Mixed Vegetables+* Fresh Fruit </p>	<p>&lt; &gt; 2 BBQ Chicken Roasted Potatoes &amp; Peppers* Sweet Corn Seasonal Fresh Fruit Corn Muffin</p>
<p><b>HOLIDAY</b> 5 </p>	<p>6 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit</p>	<p><b>Cold Salad Meal</b> 7 Seafood Salad on Romaine+ Marinated Tomatoes Pasta and Vegetable Salad LS V8+</p>	<p>8 Teriyaki Chicken over Chow Mein Noodles Steamed Cabbage+ Carrots* Fresh Banana</p>	<p>9 Pepper Steak Mashed Potatoes Peas &amp; Pearl Onions Whole Wheat Bread Fresh Fruit+</p>
<p>12 Vegetable and Black Bean Fajitas Fiesta Corn Wheat Tortilla Seasonal Fresh Fruit</p>	<p>13 Creole Baked Fish over Rice Pilaf California Veggie Blend+* Brussels Sprouts+ Banana</p>	<p><b>Cold Salad Meal</b> 14 Chicken Ranch Salad on Romaine+ 3-Bean Salad Beets, LS V8+ Bran Muffin </p>	<p>15 Turkey Chili Brown Rice Capri Vegetables* Seasonal Fresh Fruit+</p>	<p>16 Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit</p>
<p>19 French Toast Veggie Sausage Breakfast Potatoes Warm Applesauce Fruit Juice w/C+</p>	<p>20 Swedish Meatballs over WW Noodles Mixed Vegetables  Broccoli+ Fresh Fruit</p>	<p><b>Cold Salad Meal</b> 21 Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+</p>	<p>22 Chicken Pot Pie with Biscuit Topping Spinach Spiced Peaches</p>	<p>23 Beef Tacos with WW Tortilla Pinto Beans Vegetable Blend* Fruit Cup+</p>
<p>26 Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples</p>	<p>27 Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fresh Fruit</p>	<p><b>Cold Salad Meal</b> 28 Orange, Brown Rice, and Chicken Salad Carrot Raisin Salad Pears LS V8+</p>	<p>29 Chicken Parmesan over WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit</p>	<p>30 Sweet and Sour Beef over White Rice Baby Carrots*  Green Beans Seasonal Fresh Fruit+</p>