










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 |
|--|---|---|--|--|
| 1% Milk served each meal <i>Menu subject to change without notice.</i> | KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat 🌱 = Vegetarian Day | CELEBRATING PRIDE MONTH | 1 Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+, Dessert  | 2 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+ |
| 5 Ginger Beef Bowl Carrots* Brown Rice Fruit+ | 6 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+  | 7 Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Rice Pilaf Fruit | 8 Sweet & Sour Pork Broccoli+ Asian Blend Veggies Brown Rice Fruit | 9 Pasta w/Marinara Sauce House Salad* Garlic Bread Fruit+  |
| 12 Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit | 13 Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup+ WW Bread, Fruit+ | 14 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit  | 15 Albondigas Soup+* (with beef meatballs) Tossed Vegetable Salad* Tortilla Chips Fruit | 16 Holiday Meal <> BBQ Chicken Quarter Potato Salad Sweet Corn Biscuit Fruit+, Dessert  |
| HOLIDAY 19  JUNE TEENTH FREEDOM DAY | 20 Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+ | 21 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit  | 22 Cod w/Coconut Curry Sauce Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit | 23 Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit |
| 26 Baked Cod with Lemon Yogurt Sauce Brussels Sprouts+ Peas and Carrots* Orzo, Fruit | 27 Veggie Burger on WW Bun with Lettuce, Tomato & Onion Chickpea Carrot Salad* Fruit+  | 28 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit | 29 Veggie Chili over Baked Potato+ Roasted Broccoli+ Cornbread Fruit  | 30 Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit |

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, Eden Health District 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