

Please sign up or call site directly for reservations.
 Minimum of three (3) business days' notice is required.
 Indicate meal choice: Meet & Eat or Grab & Connect: Take-away

Senior Rate: \$4 contribution per meal
 Any additional contribution is greatly appreciated.
 No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 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			
Lentil Veggie Curry+* House Salad* Brown Rice Fruit 	Egg Salad Sandwich* on WW Bread with Lettuce, Tomato & Onion Tomato Soup Fruit+	Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	Chili Dijon Pork+ Carrots* Spinach Salad w/Fruit & Nuts*+ WW Roll, Fruit
Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad Rice Pilaf Fruit	Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic Bread Fruit	Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+ 	Baked Cod w/Melted Leeks Sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit
Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup WW Bread, Fruit+	HOLIDAY MEAL < > BBQ Chicken Quarter Potato Salad Sweet Corn Cornbread, Fruit+ <i>Dessert (Meet & Eat only)</i> 	HOLIDAY 	Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Brown Rice Fruit+ 	Spinach Mushroom Lasagna* House Salad* WW Roll Fruit+
Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit 	Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+	Meatball Sub w/Marinara Sauce on Sourdough Hoagie Chef's Choice Soup Spinach Salad*, Fruit+	Veggie Chili House Salad*+ Cornbread Fruit 	Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato Roasted Vegetables* WW Pita, Fruit

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Duke Hwang: DHwang@SpectrumCS.org