







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
<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat = Vegetarian Day</p>	<p>1</p> <p>Thai Chicken Broccoli Entrée Soup+ Sesame Ginger WW Noodles+ Fruit</p>	<p>Dr. Seuss's Birthday 2</p> <p>Greek Cod w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad WW Roll Fruit, Dessert</p> 	<p>3</p> <p>Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit</p>
<p>6</p> <p>Turkey Cabbage Roll Entrée Soup*+ House Salad WW Roll Fruit</p>	<p>7</p> <p>Cod Fish Tacos+ w/WW tortilla & Mexican Slaw Aztec Soup+* Black Beans, Fruit</p> 	<p>8</p> <p>Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+</p> 	<p>9</p> <p>Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit</p> 	<p>10</p> <p>Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit</p>
<p>13</p> <p>Veggie Shawarma+ Ginger Sweet Potato Soup* WW Pita Fruit</p> 	<p>14</p> <p>Chicken Stew* Vegetable Medley Salad* WW Roll Fruit+</p> 	<p>15</p> <p>Baked Southwestern Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit</p>	<p>16</p> <p>Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit</p>	<p>St. Patrick's Day 17</p> <p>Corned Beef < > Roasted Potatoes Cabbage & Carrots* WW Roll Fruit, Dessert</p> 
<p>First day of Spring 20</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p> 	<p>21</p> <p>Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+</p>	<p>22</p> <p>Chicken Cacciatore+ with WW Pasta Baby Carrots* Fruit</p> 	<p>23</p> <p>Baked Cod w/Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup+* Fruit</p>	<p>24</p> <p>Veggie Burger on WW Bun w/Lettuce, Tomato & Onion Chickpea Carrot Salad*+ Fruit</p> 
<p>27</p> <p>Baked Cod w/Lemon-Caper Sauce over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+</p>	<p>28</p> <p>Chef Entrée Salad+* WW Roll Fruit</p> 	<p>29</p> <p>Turkey Cranberry Sandwich on WW Bread w/Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit</p>	<p>30</p> <p>Teriyaki Chicken Ginger Sweet Potato Soup* Vegetable Blend+* Pineapple Vegetable Rice Fruit</p>	<p>HOLIDAY 31</p> 

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