
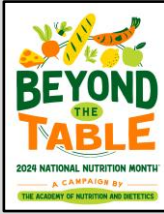

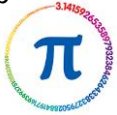







# MARCH 2024

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal  <i>Menu subject to change without notice.</i>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day	 In March look for our fun and informative handouts for National Nutrition Month		<b>1</b> Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+
<b>4</b> Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	 <b>5</b> Veggie Burger on WW Bun w/Leaf Lettuce, Tomato, Onion and Pickles Chickpea carrot salad** Fruit	<b>6</b> Chicken Stew* Veg Medley Salad* WW Roll Fruit+ 	<b>7</b> Baked Cod w/Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup+* Fruit	<b>8</b> Chicken Parmesan w/Marinara Sauce over WW Pasta Cesar Salad Carrots* Fruit+
 <b>11</b> Roasted Vegetable Buddha Bowl+* (includes Couscous) with Yum Sauce Fruit	<b>12</b> Southwestern Baked Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	<b>13</b> Turkey Chili Tossed Veg Salad* Cornbread Fruit+	<b>14</b> Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+ 	<b>15</b> <b>St Patrick's Day Meal</b> Corned Beef <> Roasted Potatoes Cabbage & Carrots+* WW Roll Fruit, <i>Dessert (M&amp;E only)</i> 
<b>18</b> Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	<b>19</b> <b>First day of Spring</b> Italian Turkey Soup+ Large House Salad* Garlic Bread Fruit 	<b>20</b> Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+	 <b>21</b> Veggie Stir Fry+* Broccoli+ Brown Rice Fruit	<b>22</b> Jerk Chicken with cucumber sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit
<b>25</b> Turkey Sloppy Joe+ on WW Bun Cowboy Caviar+ Vegetable Medley Salad* Fruit 	<b>26</b> Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	 <b>27</b> Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit	<b>28</b> Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	<b>29</b> Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, 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, Jessica Moses: [JMoses@SpectrumCS.org](mailto:JMoses@SpectrumCS.org)