








May 2023

Mon	Tue	Wed	Thu	Fri
<p>✓ 1</p> <p>Veggie Burger on WW Bun with Lettuce, Tomato & Onion Chickpea Carrot Salad* Fruit+</p>  <p>May Day</p>	<p>2</p> <p>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit</p>	<p>3</p> <p>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit</p>	<p>4</p> <p>Cod w/Lemon Yogurt Sauce Brussels Sprouts+ Peas & Carrots* Orzo Fruit</p> 	<p>Cinco de Mayo 5</p> <p>Taco Soup Black Beans Cilantro Lime Rice Fruit+ Dessert</p> 
<p>8</p> <p>Turkey & Veggie Saute Roasted Cauliflower+ Brown Rice Fruit</p>	<p>9</p> <p>Cabbage Roll Soup*+ Vegetable Medley Salad* WW Roll Fruit</p>	<p>10</p> <p>Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf Fruit+</p> 	<p>✓ 11</p> <p>Veggie Burrito Bowl+ over Brown Rice Tossed Vegetable Salad* Fruit</p>	<p>12</p> <p>Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* Brown Rice Fruit+</p>
<p>15</p> <p>Teriyaki Chicken Brussels Sprouts+ Asian Vegetable Blend+* Pineapple Veg Rice Fruit</p>	<p>✓ 16</p> <p>Large Chef Entrée Salad* WW Roll Fruit+ Dessert</p> 	<p>17</p> <p>Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad* Rice Pilaf Fruit+</p>	<p>18</p> <p>Tuna Sandwich on WW Bread with Lettuce, Tomato & Onion Hearty Vegetable Soup+* Fruit</p>	<p>< > 19</p> <p>Carnitas Pulled Pork on WW Bun with Mexican Coleslaw+ Pinto Beans Roasted Corn, Fruit+</p>
<p>22</p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice, Fruit+</p>	<p>23</p> <p>Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit</p>	<p>✓ 24</p> <p>Vegetable Stir Fry+* House Salad 2* Brown Rice Fruit</p>	<p>25</p> <p>Southwestern Chicken Salad+* Black Bean & Lentil Soup+ Chips, Fruit</p> 	<p>26</p> <p>Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+</p>
<p>HOLIDAY 29</p> 	<p>30</p> <p>Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+</p>	<p>31</p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p>	<p>1% Milk served each meal</p> <p><i>Menu subject to change without notice</i></p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day</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