







Please sign up or call site directly for reservations.
Minimum of three (3) business days' notice is required.

Same low rate since 2014!
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 |
|---|--|--|---|---|
| OCTOBER 31 Drippy Bones (<i>Chicken Drumsticks drizzled with Marinara and Pesto Sauce</i>) Pumpkin Soup Peas & Carrots, Garlic Bread Fruit+, Sweet Treat | NEW 1 Chicken Stew* Green Beans WW Roll Fruit+  | NEW 2 Ground Turkey with Sweet Potatoes & Kale* Roasted Zucchini WW Roll Fruit+ | 3 Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Couscous Fruit | 4 Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit |
| 7 Veggie Burger on WW Bun with Leaf Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+ | NEW 8 Cod Fish Tacos+ with Mexican slaw Azteca Soup Black Beans Cilantro Rice, Fruit  | 9 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale + Brown Rice Fruit | NEW 10 Turkey Butternut Squash Casserole* Green Beans WW Roll Fruit +  | HOLIDAY 11  |
| 14 Turkey Soft Tacos + with Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit | 15 Apricot Glazed Pork Tuscan Bean Soup Carrot Coins* Rice Pilaf Fruit+ | NEW 16 Asian Veggie Curry* Broccoli+ Brown Rice Fruit  | 17 Chicken Leek Pie* Tossed Vegetable Salad* Biscuit Fruit+ | NEW 18 Blackened Fish with Creole Sauce Rosemary Red Potatoes Vegetable Blend+* Cornbread Fruit |
| 21 Baked Cod with Sun-dried Tomato Sauce Hearty Vegetable Soup+* Rice Pilaf Fruit | 22 Beef Stew* Vegetable Medley Salad* WW Roll Fruit+ | Thanksgiving Meal 23 Braised Roast Turkey with Gravy & Cranberry Sauce Rosemary Roasted Potatoes Green Beans, WW Roll Fruit+, Dessert | HOLIDAY 24  | HOLIDAY 25 |
| 28 Veggie Stir Fry +* House Salad Brown Rice Fruit  | 29 Italian Turkey Soup Large Tossed Veg Salad* Garlic Bread Fruit+ | 30 Baked Cod with Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice, Fruit+ | 1% Milk served each meal Menu subject to change without notice | KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day |

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