



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

Mon	Tue	Wed	Thu	Fri
<b>1% Milk served each meal</b>  <b>Menu subject to change without notice.</b>	<b>Meal Options</b> <b>Meet &amp; Eat:</b> Dine at site <b>Grab &amp; Connect:</b> To-go with participation in Zoom activity <b>Take-Away:</b> To-go with no social activity	<b>1</b> Pork Adobo Steamed Bok Choy*+ Carrots* Garlic Butter Rice Fruit 	<b>2</b> ✓ Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion*+ Fruit	<b>3</b> Greek Cod w/Potatoes, Scallions, Tomatoes+ over Orzo Blend Cold Beet & Garlic Salad Fruit
Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit  <b>6</b>	Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+  <b>7</b>	<b>8</b> Cod Fish Tacos+ w/Mexican slaw Black Beans Azteca Soup*+ Fruit	<b>9</b> Roast Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit	<b>HOLIDAY 10</b> 
Chicken Stew* Vegetable Medley Salad* WW Roll Fruit+  <b>13</b>	Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit <b>14</b>	<b>15</b> Chicken Parmesan w/Marinara Sauce over WW Pasta Carrots* Cesar Salad, Fruit+	<b>16</b> Baked Cod w/Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup*+ Fruit	<b>17</b> ✓ Veggie Burger on WW Bun with Leaf Lettuce, Tomato, and Onion Chickpea Carrot Salad*+ Fruit
<b>20</b> Southwestern Baked Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	Roasted Vegetable Buddha Bowl*+ w/Couscous & Yum Sauce Fruit  <b>21</b>	<b>Thanksgiving Meal 22</b> Roasted Turkey with Gravy Mashed Potatoes Green Beans Cranberry Sauce WW Roll, Fruit+ Pumpkin Pie (Meet & Eat only)	<b>HOLIDAY 23</b> 	<b>HOLIDAY 24</b>
<b>27</b> Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+	<b>28</b> Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	<b>29</b> ✓ Veggie Stir Fry*+ Broccoli+ Brown Rice Fruit 	<b>30</b> Italian Turkey Soup+ Large House Salad* Garlic Bread Fruit	<b>KEY</b> + 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, 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, Becky Bruno: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)