








Choose one way to reserve your takeout meal in advance:

- Sign up directly with the distribution site
- Email request to: Meals@SpectrumCS.org
- Call Spectrum Meal Hotline: 510-881-0300 x242

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Spinach Lasagna+ Carrots* Green Beans Seasonal Fruit</p> 	<p>Election Day 3</p> <p>Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/Peppers Broccoli+ Seasonal Fresh Fruit</p> 	<p>Cold Salad Meal 4</p> <p>Asian Chicken Salad Edamame Mandarin Oranges Wheat Crackers LS V8+</p>	<p>5</p> <p>Chicken Cordon Bleu over Rice Pilaf Spinach* Peas and Onions Seasonal Fresh Fruit+</p>	<p>6</p> <p>Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fruit+</p> 
<p>9</p> <p>Veggie Burger with a Whole Wheat Bun Fiesta Corn Roasted Potatoes Seasonal Fresh Fruit+</p>	<p>10</p> <p>Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+</p>	<p>HOLIDAY 11</p> 	<p>12</p> <p>Teriyaki Chicken Chow Mein Noodles Cabbage & Carrots* Edamame Fresh Banana</p>	<p>13</p> <p>Swedish Meatballs over WW Noodles Peas Broccoli+ Fresh Fruit</p>
<p>16</p> <p>Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit</p>	<p>17</p> <p>Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>	<p>Cold Salad Meal 18</p> <p>Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>19</p> <p>Chicken Fajita Mixed Vegetables* Pinto Beans Wheat Tortilla Seasonal Fresh Fruit</p> 	<p>20</p> <p>Southwestern Baked Fish over Brown Rice Yams* Zucchini Seasonal Fresh Fruit+</p>
<p>23</p> <p>Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples Wheat Roll</p> 	<p>24</p> <p>Chicken Pot Pie with Biscuit Topping Broccoli+ Spiced Peaches</p>	<p>Holiday Meal (from TRIO) 25</p> <p>Turkey with Gravy Sweet Potatoes Green Beans Cranberry Juice+ WW Roll, Pumpkin Pie</p>	<p>HOLIDAY 26 HOLIDAY 27</p> <p><i>Happy Thanksgiving</i></p> 	
<p>30</p> <p>Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>		<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>Suggested donation: \$3.75</p> <p>Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward & San Leandro.
For reservations, call sites directly. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org