



Mon	Tue	Wed	Thu	Fri
<p><b>Menu subject to change without notice.</b></p> <p>1% Milk served each meal</p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>			<p><b>SOS Chilled Meal 1</b></p> <p>Sweet and Sour Beef over Brown Rice Baby Carrots* Green Beans Seasonal Fresh Fruit+</p>
<p><b>First Day of Hot Meal 4</b></p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit Mix+</p>	<p><b>5</b></p> <p>Baked Southwestern Fish Split Pea Soup Cooked Spinach* Brown Rice Fruit+</p>	<p><b>6</b></p> <p>BBQ Pork Slider on WW Bun Spinach Salad with Red Onions &amp; Carrots * Coleslaw+* Fruit</p> 	<p><b>7</b></p> <p>Chicken Dijon Chicken Endive Soup Broccoli + Brown Rice Fruit</p>	<p><b>8</b></p> <p>Glazed Meatloaf Mashed Potatoes &amp; Gravy Green Beans WW Roll, Strawberries+ Dessert: Brownie</p>
<p><b>11</b></p> <p>Cod w/Lemon Caper Sauce Tomato Florentine Soup Vegetable Blend+* Rice Pilaf Grapes</p> 	<p><b>12</b></p> <p>Chicken Enchilada Verde+* Black Beans Vegetable Medley Salad* Strawberries+</p>	<p><b>13</b></p> <p>Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil and Black Bean Soup+ Orange+</p>	<p><b>14</b></p> <p>Open Face Hot Turkey Sandwich with Gravy on WW Bread Sweet Potatoes* Lemon Seasoned Broccoli+ Fruit</p>	<p><b>15</b></p> <p>Baked Potato with Broccoli and Cheese+ Spinach Salad with Fruit &amp; Nuts +* Garlic Bread Honeydew</p> 
<p><b>18</b></p> <p>Sweet and Sour Pork Broccoli + Carrots* Brown Rice Fruit</p>	<p><b>19</b></p> <p>Cheese Ravioli with Marinara Sauce Tossed Vegetable Salad* WW Roll Fruit Mix+</p>	<p><b>20</b></p> <p>Southwestern Chicken Salad+ Tortilla Chips Fruit Dessert: Pudding</p>	<p><b>21</b></p> <p>Beef Stew* Garden Salad* Biscuit Fruit+</p> 	<p><b>&lt;&gt; 22</b></p> <p>Mock Crab Salad Over Lettuce w/Tomato Chef's Choice Soup WW Bread Fruit +</p>
<p><b>25</b></p> <p>Chicken and Leek Pie* (includes Biscuit) Vegetable Medley Salad* Orange+</p>	<p><b>26</b></p> <p>Turkey Sloppy Joe + on Wheat Bun Garden Salad* Fruit</p> 	<p><b>27</b></p> <p>Baked Fish over Arugula w/Lemon Yogurt Sauce Vegetable Bean Soup Carrots* Garlic Bread, Orange+</p>	<p><b>28</b></p> <p>Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Honeydew</p>	<p><b>29</b></p> <p>Stir Fried Chicken w/Veggies Seasoned Cauliflower+ Brown Rice Fruit</p>

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