




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
<b>3</b> Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+ 	<b>4</b> Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit	<b>NEW 5</b> Italian Turkey Soup+ Large Tossed Veg Salad* Garlic Bread Fruit Dessert	<b>6</b> Veggie Stir Fry+* House Salad Brown Rice Fruit 	<b>7</b> Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+
<b>10</b> Roast Chicken Breast Pesto Potatoes & Green Beans+ WW Roll Fruit+	<b>11</b> Chicken Gumbo w/Okra+ Red Beans Carrots* Brown Fruit+	<b>12</b> Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 	<b>NEW 13</b> Turkey Squash Frittata* Veg Medley Salad* WW Roll Fruit+ Rice	<b>14</b> Baked Southwestern Cod Mexican Coleslaw+ Corn & Black Beans Rice Pilaf Fruit
<b>17</b> Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	<b>18</b> Pasta w/Marinara Sauce House Salad Brussels Sprouts+ Garlic Bread Fruit 	<b>19</b> Cod w/Coconut Curry Sauce Seasoned Cauliflower+ Carrots* Rice Pilaf Fruit	<b>20</b> Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	<b>21</b> Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Fruit
<b>NEW 24</b> Veggie Shawarma+ Ginger Sweet Potato Soup* Vegetable Blend+* WW Pita Fruit 	<b>NEW 25</b> Greek Cod w/Potatoes, Scallions, & Tomatoes+ Cold Beet & Garlic Salad Brown Rice Fruit	<b>26</b> Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+	<b>27</b> Turkey Chili Tossed Veg Salad* Cornbread Fruit+	<b>28</b> Chili Verde Chicken Enchilada Casserole** Pinto Beans Steamed Corn Fruit 
<b>Halloween Meal 31</b> Drippy Bones (Chicken Drumsticks drizzled with Marinara & Pesto Sauce) Pumpkin Soup Peas & Carrots* Garlic Bread, Fruit+ 			1% Milk served each meal  <b>Menu subject to change            without notice.</b>	<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, 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