





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
3 Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+ 	4 Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit	NEW 5 Turkey Squash Frittata* Veg Medley Salad* WW Roll Fruit+ Dessert	6 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 	7 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+
10 Roast Chicken Breast Pesto Potatoes & Green Beans+ WW Roll Fruit+	NEW 11 Italian Turkey Soup+ Large Tossed Veg Salad* Garlic Bread Fruit	12 Veggie Stir Fry+* House Salad Brown Rice Fruit 	13 Chicken Gumbo w/Okra+ Red Beans Carrots* Brown Rice Fruit+	14 Baked Southwestern Cod Mexican Coleslaw+ Corn & Black Beans Rice Pilaf Fruit
17 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	18 Pasta w/Marinara Sauce House Salad Brussels Sprouts+ Garlic Bread Fruit 	19 Cod w/Coconut Curry Sauce Seasoned Cauliflower+ Carrots* Rice Pilaf Fruit	20 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	21 Albondigas Soup+* Tossed Vegetable Salad* Steamed Corn Tortilla Chips Fruit
NEW 24 Veggie Shawarma+ Ginger Sweet Potato Soup* Vegetable Blend+* WW Pita Fruit 	NEW 25 Greek Cod w/Potatoes, Scallions, & Tomatoes+ Cold Beet & Garlic Salad Brown Rice Fruit	26 Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+	27 Turkey Chili Tossed Veg Salad* Cornbread Fruit+	28 Chili Verde Chicken Enchilada Casserole** Pinto Beans Steamed Corn Fruit 
Halloween Meal 31 Drippy Bones (Chicken Drumsticks drizzled with Marinara & Pesto Sauce) Pumpkin Soup Peas & Carrots* Fruit+, Sweet Treat 			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