



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
<p>2</p> <p>Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+</p>	<p>Oktoberfest Meal 3</p> <p>Bratwurst on a Bun <> Braised Red Cabbage+ Potato Salad Fruit</p> 	<p>4</p> <p>Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+</p>	<p>5</p> <p>Veggie Stir Fry+* Broccoli+ Brown Rice Fruit</p> 	<p>6</p> <p>Jerk Chicken w/Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit</p>
<p>9</p> <p>Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit</p> 	<p>10</p> <p>Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit</p>	<p>11</p> <p>Baked Lemon Chicken w/Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit</p>	<p>12</p> <p>Turkey Sloppy Joes on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit</p>	<p>13</p> <p>Blackened Fish w/Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit</p>
<p>16</p> <p>Turkey Soft Tacos+ w/shredded lettuce, diced tomatoes & onions Pinto Beans WW Tortilla, Fruit</p>	<p>17</p> <p>Coconut Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit</p>	<p>18</p> <p>Pasta w/Marinara Sauce House Salad* Garlic Bread Fruit+</p> 	<p>19</p> <p>Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit</p>	<p>20</p> <p>Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+</p>
<p>23</p> <p>Asian Veggie Curry* Broccoli+ Brown Rice Fruit</p>	<p>24</p> <p>Turkey Chili Vegetable Medley Salad* Cornbread Fruit+</p>	<p>25</p> <p>Albondigas Soup+* Southwest Side Salad Tortilla Chips Fruit</p>	<p>26</p> <p>Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Couscous, Fruit</p>	<p>27</p> <p>Chicken Enchilada Verde Casserole+* Black Beans Steamed Corn Fruit</p> 
<p>30</p> <p>Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit</p>	<p>Halloween Meal 31</p> <p>Drippy Bones (<i>Chicken Drumsticks drizzled w/sauce</i>) Pumpkin Soup* Peas & Carrots* Brown Rice Fruit+, sweet treat</p> 	<p>Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go with no social activity</p>	<p>1% Milk served each meal Menu subject to change without notice.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day</p>

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