




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>3</p> <p>Vegetable Frittata Veggie Blend+* Brown Rice Seasonal Fresh Fruit</p>	<p>4</p> <p><></p> <p>BBQ Chicken Grilled Potatoes/Peppers* Sweet Corn Kernels Corn Muffin Seasonal Fresh Fruit</p>	<p>5</p> <p>Cold Salad Meal</p> <p>Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll Low Sodium V8+</p>	<p>6</p> <p>Brown Rice, Black Beans and Chicken Burrito Bowl Corn w/Red Peppers* Broccoli+ Seasonal Fresh Fruit</p>	<p>7</p> <p>Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p> 
<p>10</p> <p>Spinach Lasagna Steamed Cabbage+ Carrots* Bread Stick Fruit Cup+</p> 	<p>11</p> <p>Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Seasonal Fruit</p>	<p>12</p> <p>Cold Salad Meal</p> <p>Chicken Ranch Salad on Romaine+ 3-Bean Salad Cantaloupe* Wheat Crackers, LS V8+</p>	<p>13</p> <p>Baked Fish Brown Rice Green Peas CA Blend Vegetables+* Fresh Fruit</p>	<p>14</p> <p>Herbed Chicken Veggie Blend+* Wheat Rotini w/Vegetables Fresh Fruit</p>
<p>17</p> <p>Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Seasonal Fresh Fruit</p>	<p>18</p> <p>Chicken Cordon Bleu over Rice Pilaf Green Beans Peas and Onions Seasonal Fresh Fruit+</p>	<p>19</p> <p>Cold Salad Meal</p> <p>Seafood Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Roll, LS V8+</p>	<p>20</p> <p>Turkey Burger on Wheat Bun Green Beans Fiesta Corn* Seasonal Fresh Fruit</p>	<p>21</p> <p>Sweet and Sour Chicken Chow Mein Noodles Baby Carrots* Green Beans Seasonal Fresh Fruit+</p>
<p>24</p> <p>Spaghetti w/Mushroom Balls Brussels Sprouts+ Cinnamon Apples WW Roll</p>	<p>25</p> <p>Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit</p>	<p>26</p> <p>Cold Salad Meal</p> <p>Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>27</p> <p>Chicken Pot Pie w/Biscuit Topping Broccoli+ Spiced Peaches</p> 	<p>28</p> <p>Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fresh Fruit+</p>
<p>31</p> <p>Cheese Enchiladas Pinto Beans Fiesta Rice Seasonal Fresh Fruit+</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>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat LS = Low Sodium</p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice</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