





- 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>Suggested donation: \$3.75 Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>1% Milk served each meal Menu subject to change without notice.</p>	<p>1 Turkey Burger with a Wheat Bun Green Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>2 Spaghetti with Meat Sauce Broccoli+ Peas and Carrots* Fresh Fruit</p>
<p>5 Pasta Primavera+ with WW Rotini Yams* Spiced Apples</p>	<p>6 Breaded Catfish over Herbed Orzo Broccoli+ Corn w/Red Peppers* Seasonal Fresh Fruit</p>	<p>7 Cold Salad Meal Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>8 Herb Chicken Italian Vegetables Mashed Potatoes Wheat Roll Seasonal Fresh Fruit+</p> 	<p>9 Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit</p>
<p>12 Spinach Lasagna+ Carrots* Breadstick Warm Apricots</p> 	<p>13 Beef Stew Mashed Potatoes Spinach Wheat Roll Seasonal Fresh Fruit+</p>	<p>14 Cold Salad Meal Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</p>	<p>15 Turkey Tetrazzini Peas and Carrot* Broccoli+ Seasonal Fresh Fruit</p>	<p>16 Chili Con Carne Brown Rice Capri Vegetables*+ Corn Muffin Seasonal Fruit</p>
<p>19 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>20 Creole Baked Fish over Rice Pilaf California Veggie Blend+* Peas and Onions Banana</p>	<p>21 Cold Salad Meal Asian Chicken Salad with Noodles and Vegetables* Edamame Mandarin Oranges Wheat Crackers, LS V8+</p>	<p>22 Chicken Dijon over WW Penne Pasta Mixed Vegetables Spinach+ Fresh Fruit</p>	<p>23 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Carrots* Fresh Fruit</p> 
<p>26 Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Seasonal Fresh Fruit</p>	<p>27 Sweet and Sour Pork with Vegetables White Rice Cabbage+ Fresh Fruit</p> 	<p>28 Cold Salad Meal Chicken Ranch Salad on Romaine+ 3-Bean Salad Seasonal Fresh Fruit Wheat Crackers, LS V8+</p>	<p>29 Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>30 Beef Tamales Pinto Beans Mixed Vegetables Seasonal Fresh Fruit+</p>