






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>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>1 Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers* Broccoli+ Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 2 Asian Beef Salad with Noodles and Vegetables* Edamame Mandarin Oranges+ Wheat Crackers, LS V8+</p>	<p>3 Chicken Cordon Bleu over Rice Pilaf Spinach* Peas and Onions Seasonal Fresh Fruit+</p> 	<p>4 Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>
<p>HOLIDAY 7 </p>	<p>8 Spinach Lasagna Carrots* Breadstick Spiced Peaches</p>	<p>Cold Salad Meal 9 Chicken Ranch Salad on Romaine+ 3-Bean Salad Seasonal Fresh Fruit Wheat Crackers, LS V8+</p>	<p>10 Teriyaki Chicken Chow Mein Noodles Steamed Cabbage & Carrots* Edamame Fresh Banana</p>	<p>11 Swedish Meatballs over WW Noodles Peas Broccoli+ Fresh Fruit</p>
<p>14 Vegetarian Quiche Cauliflower Broccoli+ Wheat Roll Seasonal Fresh Fruit</p>	<p>15 Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p> 	<p>Cold Salad Meal 16 Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>17 Chicken Fajita Mixed Vegetables* Pinto Beans Seasonal Fresh Fruit Wheat Tortilla</p>	<p>18 Southwestern Baked Fish over Brown Rice Yams* Zucchini Seasonal Fresh Fruit+</p>
<p>21 Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples Wheat Roll</p>	<p>22 Chicken Pot Pie with Biscuit Topping Broccoli Spiced Peaches</p>	<p>Cold Salad Meal 23 Seafood Salad on Romaine+ Pineapple Coleslaw Fruit Cocktail Wheat Crackers, LS V8+</p>	<p>24 Creole Baked Fish over Rice Pilaf California Veggie Blend+* Green Beans Fresh Fruit</p>	<p>25 Hamburger w/Wheat Bun Roasted Potatoes Peas and Carrots* Fresh Orange+</p> 
<p>28 Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>29 Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fruit</p>	<p>Cold Salad Meal 30 Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+</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 LS = Low Sodium</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