









Please sign up or call site directly for reservations 24 hours in advance.

Suggested donation: \$3.75

Guests under 60 may purchase a meal for \$6.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese) 1% Milk served each meal Substitution of soy milk or juice available upon request				1 Baked Ham <> Southern Style Collard Greens Sweet Potatoes* Cornbread Seasonal Fresh Fruit+
4 Tilapia w/Pineapple Salsa+ Garden Salad* Green Beans with Italian Dressing Orange Rice Pilaf Seasonal Fresh Fruit	CHINESE NEW YEAR 5 Chicken Chow Mein+<> Egg Roll* Fortune Cookie Good Fortune Tangerines+ 	6 Cheese Tortellini Tomato Rice Soup Carrots* WW Crackers Strawberries+	7 Chicken Tetrizzini with Vegetables Tossed Vegetable Salad* Fruit Mix+	8 Beef Burger with Tomato, Lettuce, and Onion on a WW Bun Potato Salad Orange+
11 Butternut Squash with Chicken and WW Penne Pasta* Vegetable Medley Salad Orange+	12 Cheesy Vegetable Rice Casserole+* Chicken Endive Soup WW Roll Seasonal Fresh Fruit	13 Baked Fish Orzo with Spinach, Chickpea and Lemon Vegetable Blend Orange +	VALENTINE'S DAY 14 Meat Loaf with Gravy Mashed Potatoes Steamed Spinach* WW Roll, Mixed Berries+ Sweetheart Cake 	15 Turkey Chili Garden Salad* Cornbread Orange+
HOLIDAY 18 	19 Spinach Lasagna + Tossed Vegetable Salad* WW Roll Seasonal Fresh Fruit	20 Beef Stew* Vegetable Medley Salad WW Roll Orange+ 	21 Turkey with Gravy and Cranberry Mashed Potatoes Carrots* WW Roll, Fruit Mix+	22 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale + Brown Rice Seasonal Fruit
BIRTHDAY LUNCH 25 Baked Ziti with Kale* Vegetable Medley Salad* Oranges+ Birthday Cake 	26 Tri Color Pepper Steak with Onions and Zucchini+* Brown Rice Seasonal Fresh Fruit	27 Baked Fish w/Lemon Caper Sauce Tomato Florentine Soup Broccoli+ Rice Pilaf, Seasonal Fruit	28 Chicken Quarter Pesto Potatoes and Green Beans+ WW Roll Strawberries+	Menu subject to change without notice. KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat

Spectrum thanks the following organizations for their financial support:

Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, and the City of Hayward.

Call sites directly for reservations. For other inquiries: Main Kitchen (510) 785-1997 Program Manager, Becky Bruno (510) 876-8807