








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 \$10.00

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
<b>Everyday Alternative Option</b> <b>Chef Salad</b> - Choose Chicken or Vegetarian (both include egg and cheese)	<b>1% Milk served each meal</b> Substitution of soy milk or juice available upon request  <b>Menu subject to change            without notice</b>	<b>1</b> Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Lentil & Bean Soup+ Banana	<b>2</b> Baked Cod Melted Leeks in Cream Sauce Carrots * WW Roll Orange +	<b>3</b> Veggie Stir Fry + Tossed Vegetable Salad* Broccoli Brown Rice Grapes 
<b>6</b> Albondigas Entrée Soup+* with Mixed Meatballs Tossed Vegetable Salad WW Roll Applesauce +	<b>7</b> Turkey Sloppy Joe + on WW Bun Garden Salad* Banana	<b>8</b> Spaghetti w/Vegetable Marinara Sauce + Broccoli & Cauliflower + Garlic Bread Grapes	<b>9</b> Apricot Glazed Chicken Minestrone Soup Green Beans  Brown Rice Strawberries +	<b>10</b> Luau Fish w/Coconut Sauce Spinach Salad with Fruit & Nuts *+ Broccoli & Carrots *+ WW Roll, Banana
<b>13</b> Baked Jerk Chicken with Creamy Cucumber Sauce Tossed Vegetable Salad* Coleslaw+* Jamaican Brown Rice Orange +	<b>14</b> Cod on bed of Spinach+* w/Sundried Tomato Sauce Carrot Soup * WW Roll Grapes 	<b>15</b> Pork Chops w/BBQ Sauce Corn on the Cob Green Beans Brown Rice Pineapple Cup +	<b>16</b> Beef Stroganoff with Egg Noodles Broccoli & Cauliflower + WW Roll Kiwi +	<b>17</b> < > Southwestern Chicken Salad* Taco Soup Tortilla Chips Strawberries +
<b>20</b> Veggie Burger on Wheat Bun with Lettuce, Tomato, and Onion Chef's Choice Soup Kiwi +	<b>21</b> Butternut Squash & Chicken over Penne Pasta Tossed Vegetable Salad* Garlic Bread Strawberries +	<b>EARTH DAY 22</b> Salisbury Steak Mashed Potatoes w/Gravy Carrots * WW Roll  Orange + <i>Birthday Cake</i>	<b>23</b> Turkey Chili Garden Salad* Cornbread Fruit Mix +	<b>24</b> Sweet & Sour Pork with Veggies Broccoli + Brown Rice Apple
<b>27</b> Chicken Salad With Golden Raisins over Romaine Lettuce* with  Tomato and Cucumber Hearty Vegetable Soup +* WW Roll, Grapes	<b>28</b> Hearty Beef Stew * Vegetable Medley Salad* Biscuit Orange +	<b>29</b> Cod over Arugula with Lemon Yogurt Sauce Vegetable Bean Soup Carrots * WW Roll, Strawberries +	<b>30</b> Spinach Mushroom Lasagna+ Tossed Vegetable Salad* WW Roll Banana	<b>KEY</b> + 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) 881-3000 x222