

FEBRUARY 2020



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Angie's Asian Chicken Salad WW Roll Tropical Fruit Mix + Fortune Cookie</p>	<p>4</p> <p>Herb Baked Chicken Chicken Endive Soup Carrots * Brown Rice Tangerine +</p> 	<p>5</p> <p>Mock Crab and Egg Salad over Lettuce* w/Tomato Chef's Choice Soup WW Bread Pineapple Fruit Cup +</p>	<p>6</p> <p>Beef Burger on Wheat Bun with Lettuce *, Tomato, Pickle and Onion Lentil & Black Bean Soup+ Banana</p>	<p>7</p> <p>Baked Ham <> Southern Style Collard Greens Sweet Potatoes* Cornbread Orange+</p> 
<p>10</p> <p>Cod w/Lemon Caper Sauce Tomato Florentine Soup Rice Pilaf Vegetable Blend + Pear</p>	<p>11</p> <p>Hearty Beef Stew* Vegetable Medley Salad * WW Roll Orange +</p>	<p>12</p> <p>Chicken Salad with Raisins over Romaine Lettuce, Tomato and Cucumber Hearty Vegetable Soup +* WW Roll Fruit Mix</p>	<p>13</p> <p>Turkey & Spinach + Lasagna Tossed Vegetable Salad* WW Roll Apple</p>	<p>Valentine's Day 14</p> <p>Chicken Dijon Mushroom Barley Soup Broccoli + Brown Rice Grapes Chocolate Pudding</p> 
<p>CLOSED - HOLIDAY 17</p> 	<p>18</p> <p>Chicken Gumbo w/Okra+ Red Beans Brown Rice Pear</p>	<p>19</p> <p>Albondingas Entrée Soup+* <i>(Meatballs for soup served on the side)</i> Tossed Vegetable Salad* Tortilla Chips Applesauce +</p>	<p>20</p> <p>Sloppy Joe + on WW Bun Vegetable Medley Salad * Grapes Birthday Cake</p> 	<p>21</p> <p>Tuna Salad Sandwich Minestrone Soup Spinach Salad with Fruit & Nuts *+ Banana</p>
<p>24</p> <p>Paprika Chicken Potato Cabbage Soup Lemon Seasoned Broccoli+ WW Roll Apple</p>	<p>25</p> <p>Tasty Turkey Chili Garden Salad* Cornbread Fruit Mix +</p> 	<p>26</p> <p>BBQ Chicken Sandwich on Wheat Bun with Lettuce*, Tomato & Onion Broccoli Cranberry Salad + Grapes</p>	<p>27</p> <p>Baked Southwestern Cod on a bed of Spinach Split Pea Soup Carrots * Brown Rice, Orange +</p>	<p>28</p> <p>Glazed Meatloaf Mashed Potatoes & Gravy Peas & Carrots + WW Roll Pineapple Fruit Cup +</p>
	<p>Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese)</p>	<p>1% Milk served each meal Substitution of soy milk or juice available upon request</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</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, 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