





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</p> <p>Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p>KEY</p> <p>+ Vitamin C Source</p> <p>* Vitamin A Source</p> <p><> High Sodium Day</p> <p>WW = Whole Wheat</p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>		<p>1</p> <p>Teriyaki Chicken</p> <p>Chow Mein Noodles</p> <p>Steamed Cabbage + Mixed Vegetables *</p> <p>Fresh Banana</p>
<p>4</p> <p>Vegetable Frittata</p> <p>Veggie Blend+*</p> <p>Brown Rice</p> <p>Seasonal Fresh Fruit</p>	<p><> 5</p> <p>BBQ Chicken</p> <p>Grilled Potatoes & Peppers+</p> <p>Sweet Corn</p> <p>Corn Muffin</p> <p>Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 6</p> <p>Tuna Salad on Greens</p> <p>Carrot Raisin Salad</p> <p>Pineapple Tidbits+</p> <p>Wheat Roll</p> <p>Low Sodium V8</p>	<p>7</p> <p>Turkey Burger on Wheat Roll</p> <p>Green Beans</p> <p>Fiesta Corn *</p> <p>Seasonal Fresh Fruit</p>	<p>8</p> <p>Beef Stroganoff</p> <p>Egg Noodles</p> <p>Green Peas</p> <p>Baby Carrots *</p> <p>Seasonal Fresh Fruit +</p> 
<p>11</p> <p>Spinach Lasagna+*</p> <p>Steamed Cabbage+</p> <p>Carrots*</p> <p>Breadstick</p> <p>Fruit Cup</p>	<p>12</p> <p>Baked Fish</p> <p>California Veggies+*</p> <p>Green Peas</p> <p>Brown Rice</p> <p>Fresh Fruit</p> 	<p>Cold Salad Meal 13</p> <p>Chicken Ranch Salad on Romaine</p> <p>Three Bean Salad</p> <p>Cantaloupe *</p> <p>Wheat Crackers</p> <p>Low Sodium V8</p>	<p>14</p> <p>Pot Roast</p> <p>Mashed Potatoes</p> <p>Brussels Sprouts+</p> <p>Wheat Bread</p> <p>Seasonal Fresh Fruit</p>	<p>15</p> <p>Herbed Chicken</p> <p>Veggie Blend+*</p> <p>Wheat Rotini w/Veg</p> <p>Fresh Fruit</p>
<p>18</p> <p>Cheesy Pasta Bake</p> <p>Lima Beans</p> <p>Cauliflower with Red Peppers+</p> <p>Seasonal Fresh Fruit</p>	<p>19</p> <p>Chicken Cordon Bleu over Rice Pilaf</p> <p>Green Beans</p> <p>Peas and Onions</p> <p>Seasonal Fresh Fruit+</p>	<p>Cold Salad Meal 20</p> <p>Seafood Salad on Romaine</p> <p>Pineapple Coleslaw+</p> <p>Wheat Roll</p> <p>Fruit Cocktail</p> <p>Low Sodium V8</p>	<p>21</p> <p>Hamburger on Wheat Bun</p> <p>Roasted Potatoes</p> <p>Peas & Carrots*</p> <p>Fresh Orange+</p> 	<p>22</p> <p>Sweet & Sour Chicken</p> <p>Chow Mein Noodles</p> <p>Baby Carrots*</p> <p>Green Beans</p> <p>Seasonal Fresh Fruit+</p>
<p>Closed for Holiday 25</p> 	<p>26</p> <p>Brown Rice, Black Beans, Chicken Burrito Bowl</p> <p>Corn with Red Peppers *</p> <p>Broccoli+</p> <p>Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 27</p> <p>Southwest Chicken Salad on Romaine+</p> <p>Macaroni Salad</p> <p>Pineapple Tidbits+</p> <p>Low Sodium V8</p>	<p>28</p> <p>Chicken Pot Pie with Biscuit Topping</p> <p>Peas & Carrots*</p> <p>Spiced Peaches</p>	<p>29</p> <p>Chili Con Carne</p> <p>Capri Vegetables *</p> <p>Brown Rice</p> <p>Seasonal Fresh Fruit +</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. Program Manager, Becky Bruno email: BBruno@SpectrumCS.org