



Please sign up or call site directly for reservations.
Minimum of three (3) business days' notice is required.

Same low rate since 2014!
Senior Rate: \$3.75 donation per meal
Any additional contribution is greatly appreciated.
No registered senior will be refused a meal due to lack of funds. **Guests under 60: \$10 flat fee.**

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat ✔ = Vegetarian Day		1 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+ 	2 Southwestern Baked Cod SW Side Salad Carrots* Brown Rice Pilaf Fruit+ Dessert
HOLIDAY 5 	6 Meatball Sub w/marinara sauce Italian Cut Green Beans Spinach Medley Salad* Fruit+	7 Cod w/Coconut Curry Sauce Cilantro Lime Coleslaw Seasoned Cauliflower+ Brown Rice Pilaf Fruit	8 Pasta w/ Marinara Sauce Brussels Sprouts+ House Salad Garlic Bread Fruit	9 Herb Baked Chicken Potato Cabbage Soup Peas & Carrots* WW Roll Fruit+
12 Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert	13 Imitation Crab & Egg Salad over Romaine* w/Tomato Black Bean Lentil Soup++ WW Bread Fruit	14 Albondigas Soup+* Tossed Vegetable Salad* Steamed Corn Tortilla Chips Fruit 	15 BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	16 Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 
19 Veggie Chili over Baked Potato+ Broccoli+ Cornbread Fruit 	20 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit	21 Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+	22 Cod w/Lemon Yogurt Sauce SW Side Salad Peas and Carrots* Brown rice Fruit+	23 Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit
26 Chicken Salad w/ Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	27 Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad Couscous Fruit 	28 Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts+ Brown Rice Fruit	29 Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	30 Ground Turkey Lasagna+ Vegetable Medley Salad* WW Roll Fruit

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org