


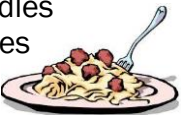



Choose one way to reserve your takeout meal in advance:

- 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>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>Cold Salad Meal 1</p> <p>Tuna Salad over Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>2</p> <p>Turkey Tetrazzini Green Beans Mixed Vegetables+*  Fresh Fruit</p>	<p>3</p> <p>Stuffed Chicken with Broccoli over Brown Rice Peas and Carrots Brussels Sprouts+ Fresh Fruit</p>
<p>HOLIDAY 6</p> 	<p>7</p> <p>Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit</p>	<p>8</p> <p>Salmon Burger Fiesta Corn Roasted Potatoes Whole Wheat Bun Fresh Fruit+</p>	<p>9</p> <p>Teriyaki Chicken over Chow Mein Noodles Steamed Cabbage+ Carrots* Fresh Banana</p>	<p>10</p> <p>Pepper Steak Mashed Potatoes Peas & Pearl Onions Whole Wheat Bread Fresh Fruit+</p>
<p>13</p> <p>Vegetable and Black Bean Fajitas Fiesta Corn Wheat Tortilla Seasonal Fresh Fruit</p>	<p>14</p> <p>Creole Baked Fish over Rice Pilaf California Veggie Blend+* Brussels Sprouts+ Banana</p>	<p>Cold Salad Meal 15</p> <p>Chicken Ranch Salad on Romaine+ 3-Bean Salad Beets Bran Muffin, LS V8+</p>	<p>16</p> <p>Turkey Chili Brown Rice Capri Vegetables* Seasonal Fresh Fruit+</p>	<p>17</p> <p>Pasta, Beef, and Tomato Casserole Cauliflower+  Carrot Coins* Seasonal Fresh Fruit</p>
<p>20</p> <p>French Toast Veggie Sausage Breakfast Potatoes Warm Applesauce Fruit Juice w/C+</p>	<p>21</p> <p>Swedish Meatballs over WW Noodles Mixed Vegetables Broccoli+  Fresh Fruit</p>	<p>Cold Salad Meal 22</p> <p>Asian Chicken Salad Noodles*+ Edamame Mandarin Oranges Wheat Crackers, LS V8+</p>	<p>23</p> <p>Chicken Pot Pie with Biscuit Topping Spinach Spiced Peaches</p>	<p>24</p> <p>Beef Tacos with WW Tortilla Pinto Beans Vegetable Blend* Fruit Cup+</p>
<p>27</p> <p>Whole Wheat Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples</p>	<p>28</p> <p>Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fresh Fruit</p>	<p>29</p> <p>Potato Crusted Fish over Brown Rice Green Beans  Stewed Tomatoes Fresh Fruit</p>	<p>30</p> <p>Chicken Parmesan over WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward & San Leandro.
For reservations, call sites directly. Program manager, Becky Bruno: BBruno@SpectrumCS.org