



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>LS = Low Sodium</p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>		
<p>1</p> <p>Cheese Enchiladas Pinto Beans Fiesta Corn* Seasonal Fresh Fruit+</p>	<p>2</p> <p>Turkey Burger with a Wheat Bun  Green Beans Carrots* Seasonal Fresh Fruit+</p>	<p>3</p> <p>Cold Salad Meal Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>4</p> <p>Chicken Jambalaya over White Rice Capri Vegetables+ Cinnamon Apples</p>	<p>5</p> <p>Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>
<p>8</p> <p>Pasta Primavera+ with WW Rotini Yams* Spiced Apples</p>	<p>9</p> <p>Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+</p>	<p>10</p> <p>Cold Salad Meal Asian Chicken Salad with Noodles* Edamame Mandarin Oranges Wheat Crackers, LS V8+</p>	<p>11</p> <p>Turkey Tetrazzini Peas and Carrot* Broccoli+ Seasonal Fresh Fruit</p>	<p>12</p> <p>Chinese New Year  Beef Chow Mein Cabbage+ Mixed Vegetables*+ Seasonal Fresh Fruit</p>
<p>Holiday 15</p> <p></p>	<p>16</p> <p>Beef Stroganoff with Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>	<p>17</p> <p>Cold Salad Meal Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+</p>	<p>18</p> <p>BBQ Pork Riblet Pinto Beans  Broccoli+ Wheat Bread Fruit</p>	<p>19</p> <p>Southwestern Baked Fish over Brown Rice Mixed Veggies* Zucchini Fresh Fruit+</p>
<p>22</p> <p>Spinach Lasagna+ Carrots* Whole Wheat Roll Warm Apricots</p>	<p>23</p> <p>Breaded Catfish on Herbed Orzo Broccoli+ Corn w/Red Peppers* Seasonal Fresh Fruit</p>	<p>24</p> <p>Cold Salad Meal Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail  Wheat Crackers LS V8+</p>	<p>25</p> <p>Chicken Dijon over WW Penne Pasta Mixed Vegetables Spinach* Fresh Fruit</p>	<p>26</p> <p>Beef Tamales Pinto Beans Mixed Vegetables Seasonal Fresh Fruit+</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 email: BBruno@SpectrumCS.org