



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 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</p> <p>Chicken Jambalaya over White Rice Capri Vegetables+ Cinnamon Apples</p>	<p>2</p> <p>Cold Salad Meal Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+</p>	<p>3</p> <p>Brown Rice, Black Bean and Chicken Burrito Bowl Sweet Corn w/ Peppers Broccoli+ Fresh Fruit</p>	<p>4</p> <p>Beef Stroganoff over Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+</p>
<p>7</p> <p>Pasta Primavera+ with WW Rotini Yams*+ Spiced Apples</p>	<p>8</p> <p>Pork Loin and Country Gravy with Brown Rice Mixed Vegetables* Zucchini Seasonal Fresh Fruit+</p>	<p>9</p> <p>Cold Salad Meal Asian Chicken Salad Noodles*+ Edamame Mandarin Oranges Wheat Cracker, LS V8+</p>	<p>10</p> <p>Chicken Cacciatore+ over Wheat Pasta Green Beans Cauliflower+ Fresh Fruit</p>	<p>11</p> <p>Beef Chow Mein Cabbage+ Mixed Vegetables*+ Seasonal Fresh Fruit</p> 
<p>14</p> <p>Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Fresh Fruit</p> 	<p>15</p> <p>Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit</p>	<p>16</p> <p>Cold Salad Meal Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes Wheat Crackers, LS V8+</p>	<p>17</p> <p>BBQ Pork Riblet Pinto Beans Broccoli+ Wheat Bread Fruit</p>	<p>18</p> <p>Beef Stew Mashed Potatoes Spinach* Wheat Roll Seasonal Fresh Fruit+</p>
<p>21</p> <p>Pancakes Veggie Sausage Breakfast Potatoes Warm Apricots</p>	<p>22</p> <p>Breaded Catfish over Herbed Orzo Broccoli+ Corn w/Red Peppers Seasonal Fresh Fruit</p>	<p>23</p> <p>Cold Salad Meal Egg Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+</p>	<p>24</p> <p>Chicken Dijon over WW Penne Pasta Mixed Vegetables*+ Spinach* Fresh Fruit</p>	<p>25</p> <p>Beef Tamales Pinto Beans Mixed Vegetables* Seasonal Fresh Fruit+</p>
<p>28</p> <p>Cheese Enchiladas Pinto Beans Fiesta Corn Seasonal Fresh Fruit+</p>	<p>29</p> <p>Turkey Burger on Wheat Bun Green Beans Carrots* Seasonal Fresh Fruit+</p>	<p>30</p> <p>Cold Salad Meal Southwest Chicken Salad on Romaine+ Pasta and Vegetable Salad, LS V8+ Pineapple Tidbits</p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat LS = Low Sodium</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