



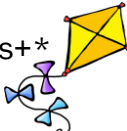




Choose one way to reserve your takeout meal in advance:

- 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 |
|---|---|--|---|---|
| 3 | 4 | Cold Salad Meal 5 | 6 | 7 |
| French Toast Turkey Sausage Breakfast Potatoes Applesauce Fruit Juice w/C+ | Meat Loaf with Gravy Mashed Potatoes Broccoli+ WW Roll Fresh Fruit | Southwest Chicken Salad on Romaine+ Pasta & Veggie Salad Pineapple Tidbits  LS V8+ | Creole Baked Fish over Rice Pilaf California Veggie Blend+* Peas and Onions Banana | Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Fresh Fruit  |
| 10 | 11 | Cold Salad Meal 12 | 13 | 14 |
| Vegetarian Chili Mixed Vegetables Green Beans Corn Muffin Fresh Fruit  | Breaded Catfish over Herbed Orzo Broccoli+ Corn w/Red Peppers* Seasonal Fresh Fruit | Chicken Ranch Salad on Romaine+ 3-Bean Salad Marinated Tomatoes+ Graham Cracker, LS V8+ | Chicken Pot Pie with Biscuit Topping Herbed Cauliflower+ Spiced Peaches | Beef Stew Mashed Potatoes Spinach* WW Roll Seasonal Fresh Fruit+ |
| 17 | 18 | Cold Salad Meal 19 | 20 | 21 |
| Vegetarian Quiche Cauliflower Broccoli+ WW Roll Seasonal Fresh Fruit | Swedish Meatballs over WW Noodles Peas Broccoli+  Fresh Fruit | Egg Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Crackers LS V8+ | Chicken Cordon Bleu over Rice Pilaf Spinach* Peas and Onions Fresh Fruit+ | Beef Tacos with WW Flour Tortilla Pinto Beans Vegetable Blend* Fruit Cup+ |
| 24 | 25 | Cold Salad Meal 26 | 27 | 28 |
| Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples | Pulled Pork Steamed Cabbage+ Capri Vegetables+ WW Bun Fresh Fruit | Orange, Brown Rice, and Chicken Salad Marinated Tomatoes+ Peaches Wheat Crackers, LS V8+ | Turkey Tetrazzini Green Beans Mixed Vegetables+*  Fresh Fruit | Chicken Parmesan over WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit |
| HOLIDAY | 31 | | | |
|  | Suggested donation: \$3.75 Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds. | 1% Milk served each meal Menu subject to change without notice. | KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat LS = Low Sodium |  OLDER AMERICANS MONTH COMMUNITIES OF STRENGTH: MAY 2021 |

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