



Please sign up or call site directly for reservations 24 hours in advance.

**Suggested donation: \$3.75**

Guests under 60 may purchase a meal for \$6.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p><b>HOLIDAY</b> 1</p>  <p>"Preservation of one's own culture does not require contempt or disrespect for other culture" - Cesar Chavez</p>	<p>2</p> <p>Tri-Color Pepper Steak with Onions and Zucchini*+ Brown Rice Seasonal Fresh Fruit</p>	<p>3</p> <p>Turkey Chili Garden Salad* Cornbread Strawberries+</p>	<p>4</p> <p>Chicken Breast with Apricot Glaze Hearty Vegetable Soup*+ Spinach* Brown Rice, Apricots*</p>	<p>5</p> <p>Baked Fish with Lemon Caper Sauce Tomato Florentine Soup WW Penne Lemon Seasoned Broccoli+</p>
<p>8</p> <p>Spaghetti with Meat Sauce Lemon Seasoned Broccoli+ Tossed Vegetable Salad* Garlic Bread Seasonal Fresh Fruit</p>	<p>9</p> <p>Roast Turkey w/ Gravy Maple Squash Puree* Garden Salad* WW Roll Fruit Mix+</p> 	<p>10</p> <p>Tuna Salad on WW Bread Minestrone Soup Tossed Vegetable Salad* Strawberries+</p>	<p>11</p> <p>Sweet and Sour Pork with Brown Rice Vegetable Medley Salad* Cantaloupe+</p>	<p>12</p> <p>Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Seasonal Fresh Fruit</p>
<p>15</p> <p>Chicken Quarters Pesto Potatoes and Green Beans + WW Roll Grapes</p>	<p>16</p> <p>Pork Roast Green Beans Red Cabbage+ Apple Sauce+ WW Roll</p>	<p><b>BIRTHDAY LUNCH</b> 17</p> <p>Beef Ragu over WW Penne Pasta Fruit Salad with Nuts*+ Birthday Cake</p> 	<p>18</p> <p>Turkey with Cranberry and Gravy* Rosemary Potatoes Spinach WW Roll, Fruit Mix+</p>	<p>19</p> <p>Baked Salmon with Lemon Yogurt Sauce over Arugula Vegetable Bean Soup Carrots*, WW Roll Oranges+</p>
<p><b>EASTER LUNCH</b> 22</p> <p>Baked Ham &lt;&gt; Sweet Potatoes Collard Greens Cornbread Applesauce+ Carrot Cake</p> 	<p>23</p> <p>Baked Fish with Pasta Primavera Marinated Carrots* Oranges+</p>	<p>24</p> <p>Chicken Cacciatore over Spaghetti+ Tossed Vegetable Salad* Seasonal Fresh Fruit</p>	<p>25</p> <p>Beef Stir Fry w/ Broccoli and Cauliflower*+ Garden Salad* Brown Rice Applesauce</p>	<p><i>Arbor Day</i> 26</p> <p>Baked Jerk Chicken with Creamy Cucumber Sauce Tossed Vegetable Salad* Minestrone Soup Brown Rice Vitamin C Fruit+</p> 
<p>29</p> <p>Beef Stew* Vegetable Medley Salad* WW Roll Oranges+</p>	<p>30</p> <p>Herb Baked Chicken Green Beans with Italian Dressing Mushroom Barley Soup Brown Rice, Cantaloupe+</p>	<p>Menu subject to change without notice.</p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>	<p><b>Everyday Alternative Option Chef Salad</b> - Choose Chicken or Vegetarian (both include egg and cheese) <b>1% Milk served each meal</b> Substitution of soy milk or juice available upon request</p>

Spectrum thanks the following organizations for their financial support:

Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig, and the City of Hayward.

Call sites directly for reservations. For other inquiries: Main Kitchen (510) 785-1997 Program Manager, Becky Bruno (510) 876-8807