





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>Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese) 1% Milk served each meal Substitution of soy milk or juice available upon request</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</p>	<p>Menu subject to change without notice.</p>		<p>Pork Carnitas Spanish Rice with Black Beans Fruit Salad with Nuts+* </p>
<p>4 Turkey and Vegetable Chili Tossed Vegetable Salad Cornbread Fruit Mix+ </p>	<p>5 Baked Fish with Lemon Caper Sauce Tomato Florentine Soup Lemon Seasoned Broccoli+ WW Pasta</p>	<p>6 Paprika Chicken Bean Soup with Kale Carrots* Garlic Bread Apple</p>	<p>7 Spinach Lasagna+ Garden Salad* WW Roll Seasonal Fruit</p>	<p>8 Beef Burger with Tomato, Lettuce and Onion on a Wheat Bun Lentil & Black Bean Soup Oranges+</p>
<p>11 Cheese Tortellini with Pesto Tomato Rice Soup Carrots* Cantaloupe</p>	<p>12 Chicken Quarter with Apricot Glaze Minestrone Soup Cooked Spinach* Brown Rice, Fruit Mix+</p>	<p>13 Lemon Baked Fish WW Penne Primavera Marinated Carrots* WW Roll Oranges+</p>	<p>14 Sweet and Sour Pork with Vegetables Garden Salad* Brown Rice Strawberries+</p>	<p>15 St. Patrick's Lunch Corned Beef <> Potato Cabbage Soup Spinach with Tomatoes* WW Roll Key Lime Tart </p>
<p>18 Spaghetti with Meat Sauce Spring Mix with Tomatoes & Cucumbers Cauliflower+ Garlic Bread, Seasonal Fruit</p>	<p>19 Birthday Lunch Turkey w/Cranberry & Gravy Rosemary Potatoes Carrots* WW Roll, Fruit Mix Birthday Cake </p>	<p>20 BBQ Pork on WW Bun Vegetable Medley Salad Coleslaw+ Seasonal Fruit</p>	<p>21 Meatloaf with Gravy Mashed Potatoes Lemon Seasoned Broccoli+ WW Roll Banana</p>	<p>22 Baked Fish with Yogurt Sauce over Arugula Vegetable Bean Soup Carrots* WW Roll, Oranges+</p>
<p>25 Mock Crab and Egg Salad Over Romaine with Tomato+ WW Roll Oranges+</p>	<p>26 Salisbury Steak Patty with Peppers and Gravy Peas and Carrots* Rosemary Potatoes Garlic Bread, Oranges+</p>	<p>27 Teriyaki Chicken Mushroom Barley Soup Lemon Seasoned Broccoli+ Brown Rice Apple</p>	<p>28 Herb Baked Fish Split Pea Soup  Cooked Spinach+ Brown Rice Cantaloupe+</p>	<p>29 Pork with Pineapple Relish Cabbage+ Green Beans with Italian Dressing WW Roll, Fresh Fruit </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