

Please sign up or call sites directly for reservations at least 24 hours in advance. **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. Guests and non-registered seniors may purchase a meal for \$6.00

October 2018 Menu



SPECTRUM

COMMUNITY SERVICES, INC.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Turkey Sloppy Joes on a Whole Wheat Bun+ Split Pea Soup Seasonal Fresh Fruit	2 Pork Roast Green Beans Red Cabbage+ Apple Sauce+ WW Roll	3 Beef Stir-Fry with Broccoli and Cauliflower+ Spinach* Brown Rice Apple	4 Baked Fish with Lemon Caper Sauce Whole Wheat Penne Pasta Tomato Florentine Soup Lemon Seasoned Broccoli+ Seasonal Fresh Fruit	5 Baked Jerk Chicken with Creamy Cucumber Dipping Sauce Hearty Vegetable Soup+* Cauliflower+ Brown Rice
8 Tri-Col or Pepper Steak Brown Rice Seasonal Fresh Fruit	9 Chicken Cacciatore over Spaghetti+ Vegetable Bean Soup Seasonal Fresh Fruit	10 Turkey Chili Garden Salad* Whole Wheat Roll Strawberries+	11 Sweet and Sour Pork with Brown Rice Vegetable Medley Salad* Cantaloupe+	12 Chicken Breast with Apricot Glaze Spinach* Minestrone Soup Brown Rice Oranges+
15 Spinach Lasagna+ Tossed Vegetable Salad* Whole Wheat Roll Seasonal Fresh Fruit	16 Beef Ragu over Whole Wheat Penne Pasta Garden Salad* Green Beans with Italian Dressing Strawberries+	17 Chicken Quarter Pesto Potatoes with Green Beans+ Whole Wheat Roll Apple	18 Baked Fish with Lemon Yogurt Sauce over Arugula Vegetable Bean Soup Carrots*, WW Roll Oranges+	19 Turkey with Cranberry and Gravy Rosemary Potatoes Spinach* WW Roll Fruit Mix+
22 Baked Fish Orzo with Chickpeas, Spinach and Lemon Marinated Carrots* Oranges+	23 Chicken Salad over Romaine Hearty Vegetable Soup+* Seasonal Fresh Fruit WW Roll	24 Beef Burger on a Whole Wheat Bun with Lettuce, Tomato and Onion Potato Salad Oranges+	25 BIRTHDAY LUNCH Moroccan Chicken with Vegetables and Brown Rice Tossed Vegetable Salad* Whole Wheat Roll Oranges+ Banana Cake	26 Meatloaf with Gravy Lemon Seasoned Broccoli+ Rosemary Roasted Potatoes Whole Wheat Roll Seasonal Fresh Fruit
29 Spaghetti with Meat Sauce Lemon Seasoned Broccoli+ Tossed Vegetable Salad* Seasonal Fresh Fruit	30 Herb Baked Chicken Green Beans with Italian Dressing Mushroom Barley Soup Cantaloupe+	31 HALLOWEEN LUNCH Turkey with Maple Squash Puree* Garden Salad* Fruit Mix WW Roll Brownie	Every Day Alternate: Chef's Salad: Chicken or Vegetarian Salads Available (Both salads are served with cheese and egg)	Meals are served with milk. Juice and soy milk available for substitution upon request. Menu subject to change without notice.

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig Corp, and the City of Hayward. Call sites directly for reservations. For other inquiries: Main kitchen (510) 785-1997 Program manager, Becky Bruno (510) 881-0300 x 222

