

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 \$10.00

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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Herb Baked Chicken Chicken Endive Soup Carrots * Brown Rice Kiwi +	Mock Crab Salad over Lettuce* w/Tomato Chef's Choice Soup WW Bread Orange +	Cheesy Veggie Rice Casserole +* Tossed Vegetable Salad * Garlic Bread Grapes	Angie's Asian Chicken Salad  WW Roll Tropical Fruit Mix + Fortune Cookie	Beef Burger on Wheat Bun with Lettuce *, Tomato, Pickle and Onion Lentil & Black Bean Soup + Apple
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Hearty Beef Stew* Vegetable Medley Salad * WW Roll Pineapple  Fruit Cup +	Chicken Dijon Hearty Vegetable Soup+* Carrots * Brown Rice Pear	Cod w/Lemon Caper Sauce Tomato Florentine Soup Brussel Sprouts + Rice Pilaf Applesauce	Open Faced Turkey Sandwich Mashed Potatoes w/Gravy Lemon Seasoned Broccoli+ Orange	Spinach Mushroom Lasagna+ Tossed Vegetable Salad * WW Roll Banana
<b>16</b>	<b>St. Patrick's Day 17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Turkey Sloppy Joe + on WW Bun Garden Salad* Apple	Corned Beef <> Rosemary Potatoes  Sautéed Cabbage & Carrots* WW Roll Kiwi+      Holiday Dessert	Kensey's Chicken and Leek Pie with a biscuit Tossed Vegetable Salad * Tangerine +	Tuna Salad Sandwich Minestrone Soup Spinach Salad with Fruit & Nuts ** Grapes	Chicken Enchilada Verde+* Black Beans Vegetable Medley Salad * Pico de Gallo Pear
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>Birthday Lunch 27</b>
Baked Southwestern Cod on a bed of Spinach Split Pea Soup Carrots * Brown Rice, Orange +	BBQ Chicken Sandwich on Wheat Bun with Lettuce, Tomato & Onion Broccoli Cranberry Salad + Banana	Baked Potato w/Turkey Chili Broccoli & Carrots +* WW Roll  Grapes	Spaghetti w/Vegetable Marinara Sauce + Garden Salad * Garlic Bread Pear	Glazed Meatloaf Mashed Potatoes & Gravy Peas & Carrots *  WW Roll Mandarin Cup +, Cake
<b>30</b>	<b>HOLIDAY 31</b>	<b>Everyday Alternative Option</b>		
Moroccan Chicken with Greek yogurt Broccoli + Brown Rice Fruit Mix +	  <b>CESAR CHAVEZ DAY</b>	Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese)		<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat
				1% Milk served each meal Substitution of soy milk or juice available upon request  <b>Menu subject to change without notice</b>

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) 881-0300 ext. 222