



Spectrum kitchen is temporarily closed. We are working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.

APRIL 2020



Choose a 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
<p>Suggested donation: \$3.75</p> <p>Any additional contribution is greatly appreciated.</p> <p>No registered senior over 60 will be refused a meal due to lack of funds.</p>	<p>1% Milk served each meal</p> <p><i>Menu subject to change without notice</i></p>	<p>Cold Salad Meal 1</p> <p>Tuna Salad on Greens Carrot Raisin Salad Pineapple Tidbits+ Wheat Roll</p>	<p>2</p> <p>Chicken Drumstick Baby Carrots* Peas Wheat Roll Seasonal Fresh Fruit+</p>	<p>3</p> <p>Turkey Burger on a Wheat Roll Green Beans Corn Seasonal Fresh Fruit+</p>
<p>6</p> <p>Spinach Lasagna+* Steamed Cabbage+ Carrots* Fruit Cup</p>	<p>7</p> <p>Breaded Catfish Herbed Orzo Broccoli+ Corn w/Red Peppers Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 8</p> <p>Chef's Salad w/ Romaine (Egg, Cheese, Meat) Coleslaw+ Fresh Fruit Salad Wheat Crackers</p>	<p>9</p> <p>Herbed Chicken California Blend Vegetables+* Wheat Rotini Tender Greens w/ Fruit+</p>	<p>10</p> <p>Pot Roast Mashed Potatoes Brussels Sprouts+ Wheat Bread Seasonal Fresh Fruit Chocolate Eggs</p>
<p>13</p> <p>Cheesy Pasta Bake Lima Beans Cauliflower with Red Peppers+ Seasonal Fresh Fruit</p>	<p>14</p> <p>Chicken Cordon Bleu Green Beans Peas and Onions Wheat Roll Seasonal Fresh Fruit+</p>	<p>Cold Salad Meal 15</p> <p>Southwest Chicken Salad on Romaine Tomato, Cucumber Orzo Salad Pineapple Tidbits+</p>	<p>16</p> <p>Hamburger on Wheat Bun Roasted Potatoes Peas & Carrots* Tender Greens w/Fruit+</p>	<p>17</p> <p>Sweet & Sour Chicken Chow Mein Noodles Baby Carrots* Green Beans Seasonal Fresh Fruit+</p>
<p>20</p> <p>Pancakes Turkey Sausage Breakfast Potatoes Cinnamon Applesauce Fruit Juice with C+</p>	<p>21</p> <p>Brown Rice, Black Beans, Chicken Burrito Bowl Corn with Red Peppers Broccoli+ Seasonal Fresh Fruit</p>	<p>Cold Salad Meal 22</p> <p>Seafood Salad on Romaine Pineapple Coleslaw+ Fruit Cocktail Wheat Roll</p>	<p>23</p> <p>Chicken Jambalaya White Rice Capri Vegetables* Spinach Salad*+ Cinnamon Apples</p>	<p>24</p> <p>Beef Chow Mein Cabbage+ Mixed Vegetables* Seasonal Fresh Fruit</p>
<p>27</p> <p>Vegetarian Quiche Cauliflower w/Red Peppers+ Broccoli+ Wheat Roll Fruit Cup</p>	<p>28</p> <p>Ham w/ Raisin Sauce Roasted Potatoes Orzo Seasonal Fresh Fruit+</p>	<p>Cold Salad Meal 29</p> <p>Chicken Ranch Salad on Romaine Carrot Raisin Salad* Mandarin Oranges+ Wheat Crackers</p>	<p>30</p> <p>Baked Fish California Veggies+* Green Peas Tender Greens w/Fruit Salad+ Brown Rice</p>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat</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.