









SEPTEMBER 2019

Mon	Tue	Wed	Thu	Fri
HOLIDAY 2 	3 Mock Crab and Egg Salad over Romaine Lettuce with Tomato WW Bread Fruit Mix	4 BBQ Pork Slider Spinach Salad with Red Onions and Carrots * Coleslaw + Peaches	5 Chicken Dijon Chicken Endive Soup Broccoli +  Brown Rice Honeydew	6 <i>New Recipe</i> Glazed Meatloaf Mashed Potatoes & Gravy Green Beans Orange+
9 Tuna Sandwich Minestrone Soup Spinach Salad with Fruit & Nuts*+	10 Sweet and Sour Pork Broccoli +  Brown Rice Strawberries+	11 <i>New Recipe</i> Chicken Enchilada Verde Vegetable Medley Salad Black Beans Grapes	12 Turkey Chili Garden Salad* Cornbread Fruit Mix+ <i>Garnish: cheese & onion</i>	13 <i>Nat'l Fortune Cookie Day</i> Stir Fried Chicken w/veggies Seasoned Cauliflower+ Brown Rice Cantaloupe  Fortune Cookie
16 <i>New Recipe</i> Southwestern Chicken Salad Orange+ 	17 Open Face Hot Turkey Sandwich with Gravy Sweet Potatoes Lemon Seasoned Broccoli+ Peaches	18 Spinach Lasagna Tossed Vegetable Salad* WW Roll Honeydew	19 <i>Nat'l Talk Like A Pirate Day</i> Apricot Glazed Pork Mashed Potatoes w/Gravy Carrots*  Applesauce+	20 Baked Southwestern Cod Split Pea Soup Cooked Spinach* Brown Rice Strawberries+
23 Cheese Ravioli with Marinara Sauce Tossed Vegetable Salad* Garlic Bread Fruit Mix+	24 BBQ Chicken Sandwich on Wheat Bun w/Lettuce, Tomato and Onion Broccoli Cranberry Salad+ Banana	25 Beef Burger on Wheat Bun with Lettuce, Tomato, Pickle and Onion Potato Salad  Orange+	26 Baked Cod over Arugula w/Lemon Yogurt Sauce Vegetable Bean Soup Carrots* Strawberries+	27 Birthday Lunch Pork with Pineapple Relish+ Seasoned Green Beans Cabbage+ WW Roll, Grapes  Birthday Cake
30 Salisbury Steak Patty Tomato Rice Soup Mashed Potatoes w/Gravy Garlic Bread Orange+	1% Milk served each meal Substitution of soy milk or juice available upon request	<u>Everyday Alternative Option</u> Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese)	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat	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, 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