



Senior Meal Program



Sites in Alameda County:

ALAMEDA

- * Mastick Sr. Center
510-747-7510

CASTRO VALLEY

- * Kenneth Aitken Sr. Center
510-881-6742
- * United Methodist Church
(Tue & Fri only)
510-581-3486

HAYWARD

- * Josephine Lum Lodge
510-785-1997

OAKLAND

- * Downtown Oakland Sr. Ctr.
510-238-3284
- * North Oakland Sr. Center
510-597-5085
- * St. Mary's Center
(Dine in only: Mon, Wed, & Fri)
510-923-9600

SAN LEANDRO

- * San Leandro Sr. Comm. Ctr.
510-825-9793

UNION CITY

- * Ruggieri Sr. Center
510-675-5495

**For general questions, you
may send an email:
Meals@SpectrumCS.org**

Return to Hot Meals

Spectrum kitchen is reopening!

Beginning **Monday, October 4, 2021** Spectrum will provide fresh, hot nutritious meals which are prepared each morning in our own kitchen. We will deliver to our Meals on Wheels partner sites.

The option for "Pick Up and Go" meals will remain available until further notice.

Some partner sites are beginning to offer group dining. Inquire if a date is known for your site.



How to get your "Pick Up and Go" meal:

- Must be 60 years or older, or the spouse of a registered participant.
- Complete and submit **Annual Registration Form** to the site of your choice.
- **Reserve a meal in advance with the site.** We ask for one week notice, but will accept up until 11:00am one business day before.
- **Pick up meal** on day of reservation.
- If reusable take-out containers are used, please be sure to return them.
- **Suggested contribution of \$3.75** can be placed in the donation box, or request a 10 meal ticket for suggested contribution of \$35. No senior will be turned away due to lack of funds.