






Reservations must be made one week in advance.
 To make a reservation, please call 510-747-7503.
 Indicate meal choice: Meet & Eat or Grab & Connect

Senior Rate: \$4 donation per meal
 Any additional contribution is greatly appreciated.
 No registered senior will be refused a meal due to lack of funds. **Guests under 60: \$14 flat fee**

Mon	Tue	Wed	Thu	Fri
HOLIDAY MEAL 3 Beef Burger on WW Bun with Lettuce, Tomato, Pickles & Onion Sweet Potato Tots* Fruit+, Dessert (Meet & Eat only)	CLOSED FOR HOLIDAY 4 	5 Baked Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Brown Rice Pilaf, Fruit+	6 Southwestern Chicken Salad+* Lentil and Bean Soup+ Tortilla Chips Fruit	7  Veggie Burrito Bowl+ over Brown Rice Tossed Vegetable Salad* Fruit
10 Teriyaki Chicken Asian Vegetable Blend Brussels Sprouts+ Pineapple Vegetable Rice Fruit	<> 11 Carnitas Pulled Pork on WW Bun with Mexican Coleslaw+ Pinto Beans Roasted Corn, Fruit	12 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad* Rice Pilaf Fruit	13  Chef Entrée Salad+* WW Roll Fruit Dessert (Meet & Eat only) 	14 Tuna Salad Sandwich on WW Bread with Lettuce, Tomato, & Onion Hearty Vegetable Soup*+ Fruit
17 Lemon-Caper Cod Tomato Florentine Soup* Green Beans  Brown Rice Fruit+	18  Vegetable Stir Fry +* House Salad* Brown Rice Fruit	19 Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion  Broccoli Raisin Salad+ Fruit	20 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+	21 Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll, Fruit+
24  Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+	25 Chicken Gumbo w/Okra Red Beans Brown Rice  Fruit+	26 Lentil Vegetable Curry+* Roasted Broccoli+ Brown Rice Fruit Dessert (Meet & Eat only)	27 Southwestern Baked Cod SW Side Salad Carrots* Brown Rice Pilaf Fruit+	28 Turkey Chili Tossed Vegetable Salad* Cornbread  Fruit+
31 Sweet & Sour Pork Broccoli+ Asian Blend Veggies Brown Rice  Fruit		Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity	1% Milk served each meal Menu subject to change without notice.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: BBruno@SpectrumCS.org