


SEPTEMBER 2023

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day	Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go with no social activity		1
HOLIDAY 4 	5 Turkey Burger on WW Bun with Lettuce, Pickle, Tomato, & Onion Corn Salad Fruit+ <i>Dessert (Meet & Eat only)</i>	6 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad* Rice Pilaf Fruit	7 Chef Entrée Salad+* Garlic Bread Fruit 	8 Tuna Salad Sandwich on WW Bread with Lettuce, Tomato, & Onion Hearty Vegetable Soup*+ Fruit
11 Lemon-Caper Cod Tomato Florentine Soup* Green Beans Brown Rice Fruit+ 	12 Southwestern Chicken Salad+* Lentil and Bean Soup+ Chips Fruit	13 Vegetable Stir Fry+* House Salad* Brown Rice Fruit 	14 Turkey Cranberry Sandwich on WW Bread with Lettuce, Tomato & Onion Broccoli Raisin Salad+ Fruit	15 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+
18 Egg Salad Sandwich on WW Bread with Lettuce, Tomato & Onion Chef's Choice Veg Soup Fruit+	19 Lentil Vegetable Curry+* Roasted Broccoli+ Brown Rice Fruit 	20 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+	21 Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+	22 Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+
25 Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	26 Sweet & Sour Pork Broccoli + Asian blend veggies Brown Rice Fruit	27 Baked Cod with Melted Leeks Sauce* Roasted Cauliflower+ Brussel Sprouts + Rice Pilaf Fruit	28 Chicken Salad w/Raisins over Romaine, Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	29 Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+ 

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