



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

Senior Rate: \$4 contribution per meal
Any additional contribution is greatly appreciated.
No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat**

Mon	Tue	Wed	Thu	Fri
2 Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	Oktoberfest Meal 3 Bratwurst on a Bun <> Braised Red Cabbage+ Potato Salad Fruit 	4 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+	5 Veggie Stir Fry+* Broccoli+ Brown Rice Fruit 	6 Jerk Chicken w/Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit
9 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	10 Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit	11 Baked Lemon Chicken w/Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	12 Turkey Sloppy Joes on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit	13 Blackened Fish w/Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit
16 Turkey Soft Tacos+ w/shredded lettuce, diced tomatoes & onions Pinto Beans WW Tortilla, Fruit	17 Coconut Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit	18 Pasta w/Marinara Sauce House Salad* Garlic Bread Fruit+ 	19 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	20 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+
23 Asian Veggie Curry* Broccoli+ Brown Rice Fruit	24 Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	25 Albondigas Soup+* Southwest Side Salad Tortilla Chips Fruit	26 Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Couscous, Fruit	27 Chicken Enchilada Verde Casserole+* Black Beans Steamed Corn Fruit 
30 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit	Halloween Meal 31 Drippy Bones (<i>Chicken Drumsticks drizzled w/sauce</i>) Pumpkin Soup* Peas & Carrots* Brown Rice Fruit+, sweet treat 	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% 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