

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	Meal Options Meet & Eat: Dine at site Grab & Connect: To-go with participation in Zoom activity Take-Away: To-go with no social activity	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day		1 Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice, Fruit
4 Blackened Cod with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* Cornbread, Fruit	5 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	6  Pesto Tortellini Primavera+* Green Beans Garlic bread Fruit <i>Dessert (Meet & Eat only)</i>	7 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	8 Turkey Sloppy Joes+ on WW Bun Cowboy Caviar Vegetable Medley Salad* Fruit
11 Beef Stew* Tossed Vegetable Salad* WW Roll Fruit+ 	12 Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla, Fruit	13 Coconut Curry Cod over Rice Pilaf Seasoned Cauliflower+ Carrots* Fruit	14  Pasta w/Marinara Sauce House Salad Garlic Bread Fruit+	15 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit
18 Turkey Chili Vegetable Medley Salad* Cornbread Fruit+	19  Asian Veggie Curry* Broccoli+ Brown Rice Fruit	20 Chicken Enchilada Verde Casserole+* Black Beans Steamed Corn Fruit 	21 Baked Cod with Melted Leeks Sauce* over Couscous Turmeric Lentil Lemon Soup+ Fruit	22  Holiday Meal Pot Roast with Gravy Mashed Potatoes Southern Style Collard Greens WW Roll Fruit+, <i>Dessert (M&E only)</i> 
25 Closed for Holiday 	26 Closed for Holiday 	27 Thai Chicken Broccoli Entrée Soup+ Sesame Ginger Noodle Salad+ Fruit	28 Pork Adobo Steamed Bok Choy*+ Carrots* Garlic Rice Fruit	29 Greek Cod w/Potatoes, Scallions, Tomatoes+ Over Orzo Blend+ Cold Beet & Garlic Salad 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