

January 2024

Mon	Tue	Wed	Thu	Fri
HOLIDAY 1 	New Year Meal 2 Chicken w/Lemon, Garlic and Rosemary Rosemary Garlic Potatoes Collard Greens & Black Eyed Pea Soup WW Roll, Fruit+, <i>Dessert (M&E)</i>	3 Turkey Cabbage Roll Entrée Soup*+ House Salad* WW Roll Fruit 	4 Beef Stroganoff <i>over Egg Noodles</i> Italian Cut Green Beans Diced Carrots* Fruit+	5 Cod Fish Tacos+ w/Mexican slaw on WW Tortilla Black Beans Azteca Soup*+ Fruit
8 ✓ Veggie Burger on WW Bun with Leaf Lettuce, Tomato, Onion Chickpea carrot salad*+ Fruit	9 Baked Cod w/ Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup*+ Fruit	10 Chicken Parmesan w/Marinara Sauce over WW Pasta Cesar Salad Carrots*, Fruit+	11 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	12 Chicken Stew* Vegetable Medley Salad* WW Roll Fruit+ 
HOLIDAY 15 	16 Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+	17 ✓ Roasted Vegetable Buddha Bowl*+ Over Couscous With Yum Sauce Fruit	18 Southwestern Baked Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	19 Turkey Chili Tossed Veg Salad* Cornbread Fruit+
22 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll, Fruit+	23 Italian Turkey Soup+ Large House Salad* Garlic Bread Fruit	24 Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	25 ✓ Veggie Stir Fry*+ Broccoli+ Brown Rice Fruit <i>Dessert (M&E only)</i> 	26 Jerk Chicken w/Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice, Fruit
29 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	30 ✓ Pesto Tortellini Primavera*+ Green Beans <i>Garlic bread</i> Fruit 	31 Baked Lemon Chicken w/Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	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				

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