








Please sign up or call 510-747-7503 directly for reservations.
Minimum of seven (7) business days' notice is required.
Indicate meal choice: **Meet & Eat** or **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 fee**

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		1 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 	2 Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit
5 Chicken Salad w/Raisins over Romaine, Tomato, & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	6 Ginger Beef Bowl Carrots* Brown Rice Fruit+	7 Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic Bread Fruit Dessert (M&E only) 	8 Baked Cod w/Melted Leeks Sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit	9 Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad WW Roll Fruit
12 Chicken Cacciatore+ over WW Pasta Spinach Medley Salad Fruit 	13 Imitation Crab & Egg Salad over Romaine* with Tomato Minestrone Soup+ WW Bread, Fruit+	14 Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Brown Rice Fruit+	15 Turkey & Cheese Sandwich on WW Bread w/Lettuce, Tomato, & Onion Broccoli Raisin Salad+ Fruit	16 Spinach Mushroom Lasagna* House Salad* Garlic Bread Fruit+ 
19 Southwestern Baked Cod Southwest Side Salad Carrots* Rice Pilaf Fruit+, Dessert (M&E only)	20 Veggie Chili House Salad* Cornbread Fruit+ 	21 Meatball Sub w/Marinara Sauce on Sourdough Hoagie Chef's Choice Soup* Fruit+	22 Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato Roasted Vegetables+ WW Pita, Fruit	23 Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit
26 Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+ 	27 Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Green Beans WW Roll, Fruit+	28 Baked Cod w/Bell Pepper Relish Brussels Sprouts+ Peas and Carrots* Brown Rice, Fruit	29 Veggie Quiche+* Vegetable Medley Salad* Fruit 	30 Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, Cities of Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Hayward Rotary Club.

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