SPECTRUM
COMMUNITY SERVICES, INC.

DECEMBER 2024

Please sign up or call site directly (510)747-7403 for reservations.
Minimum of seven (7) business days' notice is required.
Indicate meal choice: Meet & Eat or 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

2
Chicken Leek Pie*
   with a Biscuit
Tossed Vegetable Salad*
Fruit+
	3
	Pork Adobo
	Steamed Spinach*
	Carrots*
	Garlic Rice
	Fruit+
		NEW ✓ **4**
		Black Bean & Quinoa Bowl+
		Spinach Salad w/Carrots
		   & Cherry Tomatoes+*
		Fruit
			5
			Greek Cod w/Potatoes,
			   Scallions, Tomatoes+
			Cold Beet & Garlic Salad
			WW Roll
			Fruit
				6
				Thai Chicken Broccoli
				   Entrée Soup+
				Sesame Ginger
				   Noodle Salad+
				Fruit, Dessert (M&E only)

✓ **9**
Veggie Stir Fry+*
Broccoli+
Brown Rice
Fruit
	NEW **10**
	Beefy Chili Mac
	   with WW Pasta
	Vegetable Blend*+
	Baby Carrots*
	Fruit
		11
		Cod Fish Tacos+
		   w/Mexican slaw
		Black Beans+
		Azteca Soup+*
		Fruit
			12
			Turkey Cabbage Roll
			   Entrée Soup*+
			Tossed Vegetable Salad*
			WW Roll
			Fruit
				NEW **13**
				Open Faced Chicken
				   Sandwich on WW Bread
				Mashed Potatoes w/Gravy
				Lemon Pepper Broccoli+
				Fruit

16
Baked Cod w/
   Sundried Tomato Sauce
Rice Pilaf
Hearty Vegetable Soup+*
Fruit
	17
	Chicken Stew*
	Spinach Medley Salad+
	WW Roll
	Fruit
		18
		Turkey & Veggie Sauté
		Roasted Cauliflower+
		Brown Rice
		Fruit
			19
			Chicken Parmesan
			   w/Marinara Sauce
			   over WW Pasta
			Caesar Salad
			Carrots*
			Fruit+
				NEW ✓ **20**
				Moroccan Chickpeas
				Lentil Salad
				Roasted Sweet Potatoes*+
				Couscous
				Fruit

Holiday Meal 23
Pot Roast w/Gravy < >
Mashed Potatoes
Southern Style
   Collard Greens
WW Roll, Fruit+
Dessert (M&E only)
	24	**25**
		Happy Holidays!
			26
			Turkey Sloppy Joe+
			   on WW Bun
			Cowboy Caviar+
			Vegetable Medley Salad*
			Fruit
				27
				Southwestern Baked Cod
				   over Cilantro Rice
				Mexican Coleslaw+
				Chef's Choice Soup
				Fruit

✓ **30** Veggie Chili House Salad* Broccoli+ Cornbread Fruit	*NEW* **31** Lemon Dill Cod Tomato Florentine Soup*+ Rice Pilaf Green Beans Fruit		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