













Please sign up or call site directly (510)474-7403 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
<b>3</b> Turkey Cabbage Roll Entrée Soup*+ Tossed Vegetable Salad* WW Roll Pear	<b>4</b> Cod Fish Taco+ on WW Tortilla w/Mexican Slaw Azteca Soup*+ Black Beans+, Apple	<b>5</b> Beef Chili Mac with WW Pasta Vegetable Blend*+ Baby Carrots* Grapes	<b>6</b> Veggie Stir Fry*+ Broccoli+ Brown Rice Kiwi+ 	<b>7</b> Open Faced Chicken Sandwich on WW Bread Mashed Potatoes w/Gravy Lemon Pepper Broccoli+ Orange+
<b>10</b>  Moroccan Chickpeas Lentil Salad Roasted Sweet Potatoes*+ WW Pita Apple	<b>11</b>  Chicken Parmesan w/Marinara Sauce over WW Pasta Cesar Salad Carrots* Orange+	<b>12</b> Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Pear	<b>13</b> Chicken Stew* Spinach Medley Salad+ WW Roll Grapes	<b>VALENTINE'S DAY 14</b> Baked Cod w/Sundried Tomato Sauce Hearty Vegetable Soup*+ Rice Pilaf Banana Dessert (M&E only) 
<b>HOLIDAY 17</b> 	<b>18</b> Turkey Sloppy Joe+ on WW Bun Cowboy Caviar+ Vegetable Medley Salad* Pear	<b>19</b> Chicken Cacciatore+ with WW Pasta Baby Carrots* Orange+ 	<b>20</b> Southwestern Baked Cod Cilantro Rice Mexican Coleslaw+ Mixed Vegetable Soup Apple	<b>21</b>  Pasta w/Marinara Sauce House Salad* Garlic Bread Kiwi+
<b>24</b> Shoyu Chicken Hawaiian Mac Salad Sautéed Cabbage+ Roasted Zucchini Pear	<b>25</b>  Veggie Chili House Salad* Broccoli+ Cornbread Apple Dessert < > (M&E only)	<b>26</b> Lemon Dill Cod Rice Pilaf Green Beans Tomato Florentine Soup*+ Kiwi+	<b>27</b> Italian Turkey Entrée Soup+ Large House Salad* Garlic Bread Grapes	<b>28</b> Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Orange+
			1% Milk served each meal  <b>Menu subject to change without notice.</b>	<b>KEY</b> + 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, Supervisor Elisa Marquez, Cities of Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, Hayward Rotary Club and Niles Rotary Club.

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