

Please sign up or call the site directly for reservations.
A minimum of seven (7) business days' notice is required.
Indicate meal choice: Meet & Eat or Take

510 747 7503

60+: \$4 voluntary contribution per meal
Any contribution is greatly appreciated.

No registered senior will be denied a meal due to inability to give. **Guests under 60: \$15 flat fee**

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato Roasted Veggies+ WW Pita, Grapes</p>	<p>2</p> <p>Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato Tomato Soup Orange+</p>	<p>3</p> <p>Thai Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf* Honeydew</p>	<p>4 </p> <p>< > </p> <p>Marry Me Butter Beans+* Roasted Red Potatoes House Salad* WW Breadstick Apple</p>	<p>5</p> <p>Chili Dijon Pork+ Carrots* WW Roll Banana</p> 
<p>8</p> <p>Hungarian Goulash w/WW Noodles Brussels Sprouts+ Carrot Slaw* Peach</p>	<p>9</p> <p>Salmon Burger on Whole Grain Bun Broccoli Raisin Salad+ Roasted Sweet Potato* Apple</p>	<p>10</p> <p>Citrus Chicken Spinach Salad+ Ginger Sweet Potato Soup* WW Roll Nectarine</p>	<p>11</p> <p>Ginger Beef Bowl Carrots* Brown Rice Pineapple+</p> 	<p>12 </p> <p>Ravioli Lasagna Chickpea Carrot Salad* WW Breadstick Cantaloupe+</p>
<p>15</p> <p>Chicken Salad w/Raisins on Romaine w/Tomato & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Orange+</p>	<p>16 </p> <p>Lentil Veggie Curry*+ Spinach Medley Salad*+ WW Pita Grapes</p> 	<p>17</p> <p>Blackened Fish+ Tossed Vegetable Salad* Vegetable Blend*+ Rice Pilaf Apple</p>	<p>HOLIDAY MEAL 18</p> <p>BBQ Chicken Quarters Potato Salad Sweet Corn Cornbread & Crackers Strawberries+ <i>Cherry Jello (M&E Only)</i></p>	<p>HOLIDAY 19</p> <p><small>—JUNE 19—</small> JUNE TEENTH FREEDOM DAY</p>  <p><small>is a holiday celebrated by Americans to commemorate when the last enslaved Black people were finally freed.</small></p>
<p>22</p> <p>Picadillo*+ Pico De Gallo (2 oz) Ranchero Beans Brown Rice Apple</p> 	<p>23</p> <p>Shoyu Chicken Hawaiian Mac Salad Cabbage Slaw+ Roasted Zucchini Honeydew</p>	<p>24 </p> <p>Veggie Chili House Salad*+ WW Breadstick Grapes</p>	<p>25</p> <p>Herb Crusted Salmon Carrot Coins* Green Beans WW Roll Orange+</p>	<p>26</p> <p>Garlic Rosemary Chicken Rosemary Red Potatoes Potato Leek Soup*+ WW Crackers Peach</p>
<p>29</p> <p>Tuna Salad Sandwich on WW Bread Lettuce, Tomato, Onion Hearty Vegetable Soup*+ Nectarine</p>	<p>30 </p> <p>Indian Butter Chickpeas* Bombay Potatoes+ Kachumber WW Pita Watermelon</p> 	 <p>PRIDE MONTH <i>be yourself</i></p>	<p>1% Milk served each meal</p> <p>Menu subject to change without notice.</p>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day</p>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Supervisor Elisa Marquez, Cities of Alameda, Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Oakland Rotary #3.

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