












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 Away

510 747 7503

60+: \$5 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: \$18 flat fee**

Mon	Tue	Wed	Thu	Fri
<p>1% Milk served each meal</p> <p><i>Menu subject to change without notice.</i></p>	<p>KEY</p> <p>+ Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day</p>	<p>1</p> <p>Chicken Curry+ Cabbage Slaw+ Brown Rice Apple</p>	<p>HOLIDAY MEAL 2</p> <p>Beef Burger on WW Bun w/Lettuce, Tomato, Onion & Pickle Carrot Slaw* Orange+ <i>Cookie (M&E only)</i></p> 	<p>Holiday Observed 3</p> 
<p>6</p> <p>Albondigas Soup*+ Spinach, Cranberry & Fennel Salad* Tortilla Chips Honeydew</p>	<p>7</p> <p>BBQ Chicken Sandwich on Whole Grain Bun Lettuce, Tomato, Onion Broccoli Cranberry Salad+ Peach</p>	<p>8</p> <p>Turkey & Veggie Sauté Roasted Broccoli+ Brown Rice Grapes</p> 	<p>9</p> <p>Imitation Crab & Egg Salad on Romaine* w/Tomato Creamy Tomato Bisque WW Crackers (4) 2 Mandarin Oranges+</p>	<p> 10</p> <p>Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Banana</p>
<p>13</p> <p>Ginger Glazed Pork Roasted Broccoli+ Baby Carrots* Brown Rice Apple</p> 	<p>14</p> <p>Southwest Chicken Salad*+ Lentil and Bean Soup+ Tortilla Chips Nectarine</p>	<p> 15</p> <p>Chef Entrée Salad*+ WW Roll Peach <i>Chocolate Pudding (M&E only)</i></p>	<p>16</p> <p>Chicken Gumbo w/Okra+ Red Beans Brown Rice Grapes</p>	<p>17</p> <p>White Fish Chowder* Southwest Side Salad+ WW Breadstick Banana</p>
<p>20</p> <p>Baked Cod w/White Wine Sauce* Vegetable Blend*+ Carrot Coins* Rice Pilaf, Grapes</p>	<p> 21</p> <p>Sundubu Jjigae+ (tofu stew) Pickled Carrots* Brown Rice Cantaloupe+</p> 	<p>22</p> <p>Meatball Sub (Beef/Pork)<> w/Marinara Sauce, topped w/ Mozzarella on WW Hoagie Minestrone Soup, Orange+</p>	<p>23</p> <p>Turkey Chili* Tossed Vegetable Salad* Whole Grain Biscuit Strawberries+</p>	<p>24</p> <p>Apricot Glazed Chicken Asian Blend Vegetables Spinach Medley Salad*+ WW Roll Nectarine</p>
<p>27</p> <p>Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato+ Roasted Veggies+ WW Pita, Peach</p>	<p>28</p> <p>Chili Dijon Pork+ Carrots* WW Roll Apple</p>	<p>29</p> <p>Thai Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf* Watermelon</p> 	<p>< >  30</p> <p>Marry Me Butter Beans*+ Roasted Red Potatoes House Salad 2* WW Breadstick Banana</p>	<p>31</p> <p>Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato Tomato Soup Orange+</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