











Reservations must be made in advance.
To make a reservation, please call 510.747.7503.

Suggested donation: \$3.75

Guests under 60 may purchase a meal for \$10.00

Any additional contribution is greatly appreciated.

No registered senior over 60 will be refused a meal due to lack of funds.

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p>Baked Cod w/ Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice Fruit+</p>	<p>NEW 3</p> <p>Chef Entrée Salad WW Roll Fruit+</p> 	<p>NEW 4</p> <p>Turkey Cranberry Sandwich on WW Bread w/ Lettuce, Tomato and Onion Broccoli Raisin Salad+ Fruit</p>	<p>Cinco de Mayo 5</p> <p>Pork Carnitas <> Lentil Taco Soup Salad w/Fruit and Nuts + Spanish Rice Garnish: sour cream, tortilla chips, lime wedge</p> 	<p>6</p> <p>Glazed Meatloaf Mashed Potatoes w/Gravy Peas & Carrots* WW Roll Fruit+</p>
<p>9</p> <p>Egg Salad Sandwich on WW Bread w/ Lettuce, Tomato and Onion Chef's Choice Soup Fruit+</p>	<p>10</p> <p>Turkey Chili Tossed Vegetable Salad Cornbread Fruit + Garnish: cheese and onion</p>	<p>NEW 11</p> <p>Veggie Stir Fry House Salad* Brown Rice Fruit + Dessert</p> 	<p>12</p> <p>Chicken Gumbo w/Okra Red Beans Brown Rice Fruit+</p>	<p>13</p> <p>Southwestern Baked Cod Southwest Side Salad Carrots * Rice Pilaf Fruit+</p> 
<p>NEW 16</p> <p>Meatball Sub Italian Cut Green Beans Spinach Medley Salad* Fruit+ Garnish: shredded cheese</p>	<p>17</p> <p>Herb Baked Chicken Potato Cabbage Soup Peas & Carrots * WW Roll Fruit+</p> 	<p>18</p> <p>Baked Cod w/Coconut Curry Sauce Cabbage Slaw Seasoned Cauliflower+ Rice Pilaf, Fruit</p>	<p>19</p> <p>Pasta w/ Marinara Sauce Brussels Sprouts + House Salad* Garlic Bread Fruit</p> 	<p>20</p> <p>Sweet & Sour Pork Broccoli + Asian Blend Vegetables Brown Rice Fruit</p>
<p>23</p> <p>Imitation Crab & Egg Salad over Romaine w/tomato Hearty Vegetable Soup* WW Bread Fruit +</p> 	<p>24</p> <p>Chicken Veggie Fajitas+ Black Beans Soft WW Tortillas Fruit Dessert Garnish: sour cream</p>	<p>NEW 25</p> <p>Pesto Tortellini Primavera+ Tomato Soup Garlic bread Fruit</p> 	<p>26</p> <p>Albondigas Entrée Soup +* with Meatballs Tossed Vegetable Salad Roasted Corn Tortilla Chips Fruit</p>	<p>27</p> <p>BBQ Chicken Sandwich on WW Bun w/ Lettuce, Tomato and Onion Broccoli Cranberry Salad + Fruit</p>
<p>HOLIDAY 30</p> <p>MEMORIAL DAY  REMEMBER & HONOR</p>	<p>NEW 31</p> <p>Moroccan Chickpeas Baked Sweet Potatoes*+ House Salad* Couscous Fruit</p>		<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</p>

San Francisco Foundation, Meals on Wheels America, Cities of Hayward, San Leandro & Union City, and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

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