








November 2022

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Hayward, San Leandro & Union City & Rotary Clubs of Hayward, Castro Valley & Oakland 3. For reservations, contact sites directly. For other inquiries, call our Main Kitchen (510) 785-1997
Program manager, Becky Bruno: BBruno@SpectrumCS.org

Mon	Tue	Wed	Thu	Fri
<p>OCTOBER 31</p> <p>Drippy Bones (<i>Chicken Drumsticks drizzled with Marinara and Pesto Sauce</i>) Pumpkin Soup Peas & Carrots, Garlic Bread Fruit+, Sweet Treat</p>	<p>NEW 1</p> <p>Chicken Stew* Green Beans WW Roll Fruit+</p> 	<p>NEW 2</p> <p>Ground Turkey with Sweet Potatoes & Kale* Roasted Zucchini WW Roll Fruit+</p>	<p>3</p> <p>Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Couscous Fruit</p>	<p>4</p> <p>Veggie Burrito Bowl+ over Brown Rice Spinach Salad with Carrots & Red Onion+* Fruit</p>
<p>7</p> <p>Veggie Burger on WW Bun with Leaf Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+</p>	<p>NEW 8</p> <p>Cod Fish Tacos+ with Mexican slaw Azteca Soup Black Beans Cilantro Rice, Fruit</p> 	<p>9</p> <p>Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale + Brown Rice Fruit</p>	<p>NEW 10</p> <p>Turkey Butternut Squash Casserole Green Beans WW Roll Fruit +</p> 	<p>HOLIDAY 11</p> 
<p>14</p> <p>Turkey Soft Tacos + with Shredded Lettuce, Diced Tomatoes & Onions Pinto Beans WW Tortilla Fruit</p>	<p>15</p> <p>Apricot Glazed Pork Tuscan Bean Soup Carrot Coins* Rice Pilaf Fruit+</p>	<p>NEW 16</p> <p>Asian Veggie Curry* Broccoli+ Brown Rice Fruit</p> 	<p>17</p> <p>Chicken Leek Pie* Tossed Vegetable Salad* Biscuit Fruit+</p>	<p>NEW 18</p> <p>Blackened Fish with Creole Sauce Rosemary Red Potatoes Vegetable Blend+* Cornbread Fruit</p>
<p>21</p> <p>Baked Cod with Sun-dried Tomato Sauce Hearty Vegetable Soup+* Rice Pilaf Fruit</p>	<p>22</p> <p>Beef Stew* Vegetable Medley Salad* WW Roll Fruit+</p>	<p>Thanksgiving Meal 23</p> <p>Braised Roast Turkey with Gravy & Cranberry Sauce Rosemary Roasted Potatoes Green Beans, WW Roll Fruit+, Dessert</p>	<p>HOLIDAY 24</p>	<p>HOLIDAY 25</p> 
<p>28</p> <p>Veggie Stir Fry +* House Salad Brown Rice Fruit</p> 	<p>29</p> <p>Italian Turkey Soup Large Tossed Veg Salad* Garlic Bread Fruit+</p>	<p>30</p> <p>Baked Cod with Lemon-Caper Sauce Tomato Florentine Soup* Green Beans Brown Rice, Fruit+</p>	<p>1% Milk served each meal Menu subject to change without notice</p>	<p>KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat 🌿 = Vegetarian Day</p>