











MARCH 2024 

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day	 In March look for our fun and informative handouts for National Nutrition Month		1 Beef Stroganoff over Egg Noodles Italian Cut Green Beans Diced Carrots* Fruit+
4 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	 5 Veggie Burger on WW Bun w/Leaf Lettuce, Tomato, Onion and Pickles Chickpea carrot salad*+ Fruit	6 Chicken Stew* Veg Medley Salad* WW Roll Fruit+ 	7 Baked Cod w/Sun-dried Tomato Sauce over Rice Pilaf Hearty Vegetable Soup*+ Fruit	8 Chicken Parmesan w/Marinara Sauce over WW Pasta Cesar Salad Carrots* Fruit+
 11 Roasted Vegetable Buddha Bowl+* (includes Couscous) with Yum Sauce Fruit	12 Southwestern Baked Cod over Cilantro Rice Mexican Coleslaw+ Corn & Black Beans Fruit	13 Turkey Chili Tossed Veg Salad* Cornbread Fruit+	14 Apricot Glazed Pork Tuscan Bean Soup Green Beans WW Roll Fruit+ 	St Patrick's Day Meal 15 Corned Beef <> Roasted Potatoes Cabbage & Carrots*+ WW Roll Fruit, <i>Dessert (M&E only)</i> 
18 Lemon-Caper Cod over Rice Pilaf Tomato Florentine Soup* Green Beans Fruit+	First day of Spring 19 Italian Turkey Soup+ Large House Salad* Garlic Bread Fruit 	20 Salisbury Steak w/Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+	 21 Veggie Stir Fry*+ Broccoli+ Brown Rice Fruit	22 Jerk Chicken with cucumber sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit
25 Turkey Sloppy Joe+ on WW Bun Cowboy Caviar+ Vegetable Medley Salad* Fruit 	26 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale+ Brown Rice Fruit	 27 Pesto Tortellini Primavera*+ Green Beans Garlic bread Fruit	28 Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit	29 Blackened Fish with Creole Sauce+ Rosemary Red Potatoes Vegetable Blend*+ Cornbread, Fruit

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

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