













**Senior Rate: \$4 contribution per meal**  
 Any additional contribution is greatly appreciated.  
 No registered senior will be denied a meal due to inability to give. **Guests under 60: \$14 flat fee**

# April 2024

Mon	Tue	Wed	Thu	Fri
<b>HOLIDAY 1</b> 	<b>Easter Holiday Meal 2</b> Baked Ham Sweet Potatoes+* Broccoli & Red Bell Pepper+ Hawaiian Roll Applesauce Fruit Cup+ <i>Dessert (M&amp;E only)</i> 	<i>NEW</i> <b>3</b> Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	<i>NEW</i> <b>4</b> Grilled Turkey & Cheese on WW Bread w/Lettuce, Tomato, & Onion Broccoli Raisin Salad+ Fruit	<i>NEW</i> <b>5</b> Glazed Meatloaf Mashed Potatoes w/Gravy Peas & Carrots* WW Roll Fruit+
<b>8</b> Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato, & Onion Tomato Soup, Fruit+	<i>NEW</i> <b>9</b> Chili Dijon Pork Tenderloin+ Carrots* Roasted Potatoes Cornbread Fruit	 <b>10</b> Lentil Vegetable Curry+* Roasted Broccoli+ Brown Rice Fruit	<b>11</b> Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit	<b>12</b> Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit 
<b>15</b> Apricot Glazed Chicken Vegetable Blend+* Spinach Medley Salad Rice Pilaf Fruit	<b>16</b> Ginger Beef Bowl Carrots* Brown Rice Fruit+ 	<b>17</b> Chicken Salad w/Raisins over Romaine, Tomato, & Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+	 <b>18</b> Pesto Tortellini Primavera+* Roasted Cauliflower+ Garlic bread Fruit 	<b>19</b> Baked Cod w/Melted Leeks sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit
<b>22</b> Imitation Crab & Egg Salad over Romaine w/Tomato Wedge Minestrone Soup WW Bread, Fruit+	<b>23</b> BBQ Chicken Sandwich on WW Bun w/Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	<b>24</b> Pork Adobo Asian Blend Vegetables Baby Carrots* Garlic Rice Fruit+	<i>NEW</i> <b>25</b> Chicken Tacos (2) w/Cilantro & Diced Onions Tossed Vegetable Salad* Pinto Beans+ Corn Tortillas, Fruit	<i>NEW</i> < >  <b>26</b> Spinach Mushroom Lasagna+*  House Salad* Garlic Bread Fruit
<b>29</b> Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit	 <b>30</b> Veggie Chili Roasted Brussels Sprouts+ Cornbread Fruit 		1% Milk served each meal  <i>Menu subject to change            without notice.</i>	<b>KEY</b> + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day

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](mailto:JMoses@SpectrumCS.org)