







Please sign up or call site 510-747-7403 directly for reservations.
Minimum of seven (7) business days' notice is required.
Indicate meal choice: **Meet & Eat** or **Grab & Connect: Take-away**

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**

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	NEW 1 Chicken Gyro w/Tzatziki Sauce Roasted Vegetables+ Fresh Cucumber & Tomato WW Pita, Fruit	2 Southwestern Baked Cod SW Side Salad Carrots* Rice Pilaf Fruit+	Holiday Meal 3 Taco Soup < > Black Beans Cilantro Lime Rice Fruit+ <i>Dessert (M&E only)</i> 
6 Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf Fruit+ 	NEW 7 Chicken Tacos Bell Peppers and Onions+ Pinto Beans Corn Tortillas Fruit	8 Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Fruit 	9 Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll Fruit+	NEW 10 Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+ 
✓ 13 Veggie Burger on WW Bun with Lettuce, Tomato, & Onion Chickpea Carrot Salad* Fruit+	NEW 14 Baked Cod w/Bell Pepper Relish Brussels Sprouts+ Peas and Carrots* Brown Rice, Fruit	15 Chicken Cacciatore+ over WW Pasta Steamed Spinach* Fruit+	NEW 16 Veggie Quiche+* Vegetable Medley Salad* Fruit 	17 Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit
20 Teriyaki Chicken Asian Vegetable Blend Brussels Sprouts+ Pineapple Vegetable Rice Fruit	21 Turkey & Veggie Sauté Broccoli+ Brown Rice Fruit	✓ 22 Chef Entrée Salad+* WW Roll Fruit  <i>Dessert (M&E only)</i>	23 Sweet & Sour Pork Roasted Cauliflower+ Steamed Spinach* Brown Rice Fruit	24 Tuna Salad Sandwich on WW Bread with Lettuce, Tomato, & Onion Hearty Vegetable Soup*+ Fruit
HOLIDAY 27 MEMORIAL DAY  REMEMBER & HONOR	NEW 28 Tofu Tikka Masala* Roasted Cauliflower+ Steamed Spinach* Brown Rice Fruit	29 Baked Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Rice Pilaf, Fruit	30 Southwestern Chicken Salad+* Lentil and Bean Soup+ Tortilla Chips Fruit	31 Turkey Chili Tossed Vegetable Salad* 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, Duke Hwang: DHwang@SpectrumCS.org