



Please sign up or call the site directly for reservations.
A minimum of seven (7) business days' notice is required.

Indicate meal choice: Meet & Eat or Take-away

#510-747-7503

60+: \$4 voluntary 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: \$15 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	Hungarian Goulash w/WW noodles Brussels Sprouts+ Carrot Slaw* Pear	BBQ Chicken Sandwich on WW Bun Lettuce, Tomato & Onion Steamed Corn Strawberries+	Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Banana
Chicken Leek Pie+* w/WW Biscuit Tossed Vegetable Salad* Orange+	Blackened Fish w/Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* WW Roll Pear	Lemon Chicken w/Mushroom Sauce Bean Soup w/Kale+ Brown Rice Apple	NEW Vegetarian Jambalaya+ w/Brown Rice Baby Carrots* Banana	OKTOBERFEST MEAL Bratwurst < > on Whole Grain Bun Braised Cabbage+ Potato Salad Grapes <i>Chocolate Pudding (M&E only)</i>
Chana Masala+ Roasted Broccoli+ Roasted Sweet Potatoes* Brown Rice Apple	NEW Tuscan Chicken* Brussels Sprouts+ Mashed Potatoes WW Roll Grapes	Beef Stew* Vegetable Medley Salad* Whole Grain Biscuit Kiwi+	Thai Curry Cod Thom Kha Soup* Carrots* Rice Pilaf Orange+	Chicken Gumbo w/Okra+ Red Beans Brown Rice Pear
Cod Fish Taco w/Mexican Slaw on WW Tortilla Black Beans+ Azteca Soup+*, Apple	Turkey Cabbage Roll Entrée Soup*+ Tossed Vegetable Salad* WW Roll Pear	NEW Vegetarian Korean "Beef" Cauliflower+ Brown Rice Orange+	Open Faced Chicken Sandwich on WW Bread Mashed Potatoes & Gravy Lemon Pepper Broccoli+ Kiwi+	Beefy Chili Mac with WW Pasta Vegetable Blend*+ Green Beans Banana
NEW Chicken Corn Chowder Roasted Broccoli+ Roasted Sweet Potato*+ Whole Grain Biscuit Kiwi+	NEW Vegetarian Chickpea Shakshuka+ Roasted Zucchini Vegetable Blend*+ WW Roll Apple	NEW Cajun Butter Cod* Brussels Sprouts+ Dirty Rice Pear	Turkey Chili* Vegetable Medley Salad* Whole Grain Biscuit Strawberries+	HALLOWEEN MEAL Roasted Chicken over WW Garlic Noodles Pumpkin Soup* Peas and carrots* Orange+ <i>Candy pieces (M&E Only)</i>

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Supervisor Elisa Marquez, Cities of Alameda, Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Oakland Rotary #3.

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