



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 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
3 Jerk Chicken w/Cucumber Sauce Seasoned Cauliflower+ Coleslaw Coconut Brown Rice Pear	4 Albondigas Soup+* (with beef meatballs) Southwest Side Salad Tortilla Chips Orange+ 	5 Pork Adobo Roasted Broccoli+ Carrots* Garlic Rice Grapes 	6 ✓ Veggie Burger < > on WW Bun w/Lettuce, Tomato, Onion Butternut Squash Soup*+ Apple	7 Baked Cod with Melted Leeks Sauce* Turmeric Lentil Lemon Soup+ Brown Rice Banana
10 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Apple Jello (M&E only)	11 HOLIDAY  Thank You Veterans	12 Cod with Sundried Tomato Sauce Hearty Vegetable Soup+* Rice Pilaf Pear	13 Chicken Stew* Spinach Medley Salad+ WW Roll Strawberries+	14 ✓ Moroccan Chickpeas Lentil Salad Roasted Sweet Potatoes*+ WW Pita Grapes
NEW ✓ 17 Vegetarian Cottage Pie* w/Sweet Potato Mash* Roasted Brussels Sprouts+ WW Roll Apple	18 Southwestern Baked Cod Mexican Coleslaw+ Tortilla Soup+ Cilantro Rice Orange+	NEW 19 Beef & Barley Soup Broccoli Cranberry Salad+ Whole Grain Biscuit Grapes	20 Turkey Sloppy Joes+* on WW Bun Potato Salad Cowboy Caviar+ Pear 	21 Chicken Cacciatore with WW Pasta+ Baby Carrots* Banana
24 Lemon Dill Cod Creamy Tomato Bisque Green Beans Rice Pilaf Kiwi+ 	25 ✓ Veggie Chili House Salad* Broccoli+ WW Roll Apple	Thanksgiving Meal 26 Roasted Turkey with Gravy Green Beans Mashed Potatoes Cranberry Sauce Whole Grain Biscuit Orange+ Sweet Potato Pie (M&E only)	27 THANKSGIVING 	28 HOLIDAY
1% Milk served each meal Menu subject to change without notice.	KEY + 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, 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		