

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**

## 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
<b>Dr. Seuss's Birthday</b> 2 Southwestern Baked Cod Tortilla Soup+ Mexican Coleslaw+ Cilantro Rice Pear 	3 Chicken Stew* Spinach Medley Salad+* WW Roll Apple	4  Moroccan Chickpeas Lentil Salad Roasted Sweet Potatoes* WW Pita Kiwi+ <i>Strawberry Jello (M&amp;E only)</i>	5 Chicken Parmesan w/Marinara Sauce WW Pasta Roasted Broccoli+ Carrots* Banana	6 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice 2 Mandarin Oranges+
9  Vegetarian Cottage Pie w/Sweet Potato Mash* Roasted Brussels Sprouts+ WW Roll Apple	10 Turkey Sloppy Joe+ < > on WW Bun Potato Salad Cowboy Caviar+ Pear	11 Beef & Barley Soup Broccoli Cranberry Salad+ Whole Grain Biscuit Grapes	12 Fish Chowder* <b>NEW</b> SouthWest Side Salad+ WW Crackers Orange+	13 Chicken Cacciatore with WW Pasta+ Baby Carrots* Banana 
16 Tuscan Chicken* Brussels Sprouts+ Mashed Potatoes WW Roll Grapes	<b>St. Patrick's Day Meal</b> 17 Corned Beef < > Roasted Potatoes Cabbage & Carrots WW Roll Kiwi+ <i>Cookie (M&amp;E only)</i> 	18 Blackened Cod w/Creole Sauce+ Rosemary Red Potatoes Vegetable Blend+* WW Biscuit Pear	19 Italian Turkey Soup+* Large House Salad* WW Breadstick Apple	<i>First Day of Spring</i> 20  Chana Masala+ Roasted Broccoli+ Roasted Sweet Potatoes+* Brown Rice Banana 
23 Pulled Pork Sandwich on Whole Grain Bun Yellow Corn Coleslaw Orange+	24 Chicken Leek Pie+* w/Whole Grain Biscuit Tossed Vegetable Salad* Grapes	25 Lemon Chicken w/Mushroom Sauce Butternut Squash Soup+* Brown Rice Apple	26  Veggie Chili House Salad*+ WW Roll Banana 	27 Cod w/ Sundried Tomato Sauce Hearty Vegetable Soup+* Rice Pilaf Pear
30 Shoyu Chicken Sautéed Cabbage+ Roasted Zucchini Hawaiian Mac Salad Apple	<b>HOLIDAY</b> 31 	1% Milk served each meal  <b>Menu subject to change without notice.</b>	<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, 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, Duke Hwang: DHwang@SpectrumCS.org