

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
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			<b>1</b> Shoyu Chicken Cabbage Slaw+ Roasted Zucchini Hawaiian Mac Salad Kiwi+ 
 <b>4</b> Indian Butter Chickpeas* Bombay Potatoes+ Kachumber WW Pita Apple	<b>5</b> Chicken Curry Cabbage Slaw+ Brown Rice Orange+ 	<b>6</b> Tuna Salad Sandwich on WW Bread Lettuce, Tomato, Onion Hearty Vegetable Soup*+ Pear	<b>7</b> Moroccan Chicken Seasoned Cauliflower+ Peas & Carrots* Brown Rice Grapes <i>Jello (M&amp;E only)</i>	<b>8</b> Beef Bolognese*+ w/WW Spaghetti Broccoli+ Banana 
<b>11</b> Turkey & Veggie Sauté Roasted Broccoli+ Brown Rice Pear 	<b>12</b> Albondigas Soup*+ Spinach, Cranberry & Fennel Salad* Tortilla Chips Apple	<b>13</b> BBQ Chicken Sandwich on Whole Grain Bun Lettuce, Tomato, Onion Broccoli Cranberry Salad+ Kiwi+	 <b>14</b> Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Banana	<b>15</b> Imitation Crab & Egg Salad on Romaine* w/Tomato Creamy Tomato Bisque WW Crackers (4) 2 Mandarin Oranges+
<b>18</b> Chicken Gumbo w/Okra+ Red Beans Brown Rice Grapes	<b>19</b> Ginger Glazed Pork Roasted Broccoli+ Baby Carrots* Brown Rice Cantaloupe	<b>20</b> White Fish Chowder* Southwest Side Salad+ WW Breadstick Apple 	<b>21</b> Southwest Chicken Salad*+ Lentil and Bean Soup+ Tortilla Chips Pear	 <b>22</b> Chef Entrée Salad*+ WW Roll Banana <i>Brownie (M&amp;E only)</i>
<b>HOLIDAY 25</b>  <b>MEMORIAL DAY</b> <b>REMEMBER &amp; HONOR</b>	<b>26</b> Apricot Glazed Chicken Asian Blend Vegetables Spinach Medley Salad*+ WW Roll Pear	<b>27</b> Turkey Chili* Tossed Vegetable Salad* Whole Grain Biscuit Orange+	<b>28</b> Baked Cod w/White Wine Sauce* Vegetable Blend*+ Carrot Coins* Rice Pilaf Apple 	<b>29</b> Meatball Sub (Beef/Pork) <> w/Marinara Sauce, topped w/Mozzarella on WW Hoagie Minestrone Soup Strawberries+

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