













Please sign up or call 510-747-7503 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 Baked Cod w/Bell Pepper Relish Brussels Sprouts+ Peas and Carrots* Brown Rice Fruit	2 Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit	Holiday Meal <> 3 Beef Burger on WW Bun w/Lettuce, Tomato, Onion and Pickle Potato Salad Fruit+ Dessert (Meet & Eat only) 	HOLIDAY 4 	5 Garlic Rosemary Lemon Chicken Rosemary Red Potatoes Carrots* WW Roll Fruit+
8 Chicken Tacos Bell Peppers & Onions+ Pinto Beans Corn Tortillas Fruit	9  Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+ 	10 BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato, & Onion Broccoli Cranberry Salad+ Fruit	11 Baked Cod w/Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf, Fruit+	12 Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Fruit
15 Tuna Salad Sandwich on WW Bread w/Lettuce, Tomato, & Onion Hearty Vegetable Soup*+ Fruit	16 Teriyaki Chicken Asian Vegetable Blend Brussels Sprouts+ Pineapple Veg Rice Fruit	17 Turkey & Veggie Sauté Broccoli+ Brown Rice Fruit 	18  Chef Entrée Salad*+ WW Roll Fruit Dessert (Meet & Eat only) 	19 Sweet & Sour Pork Seasoned Cauliflower+ Steamed Spinach* Brown Rice Fruit
22  Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Fruit 	23 Baked Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Rice Pilaf, Fruit	24 Southwestern Chicken Salad*+ Lentil and Bean Soup+ Tortilla Chips Fruit	25 Glazed Meatloaf Mashed Potatoes w/Gravy Peas & Carrots* WW Roll Fruit+	26 Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+ 
29 Chili Dijon Pork+ Carrots* Spinach Salad w/Fruit & Nuts*+ WW Roll, Fruit	30 Egg Salad Sandwich* on WW Bread w/Lettuce & Tomato Tomato Soup Fruit+	31  Lentil Veggie Curry*+ House Salad 2* Brown Rice Fruit	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, Subaru Share the Love, Cities of Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Hayward Rotary Club.

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