









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
<p><b>HOLIDAY 2</b></p> 	<p><b>HOLIDAY MEAL 3</b></p> <p>Turkey Burger on WW Bun w/Lettuce, Tomato, Onion &amp; Pickle Corn Salad Fruit+ Dessert (M&amp;E only)</p>	<p><b>4</b></p> <p>Albondigas Soup+* Tossed Vegetable Salad* Tortilla Chips Fruit</p>	<p><b>5</b></p> <p>Baked Cod with Sun-dried Tomato Sauce Carrot Coins* Green Beans Rice Pilaf Fruit+</p>	<p><b>6</b></p> <p>Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+</p> 
<p><b>9</b></p> <p>Sweet &amp; Sour Pork Seasoned Cauliflower+ Steamed Spinach* Brown Rice Fruit</p>	<p><b>10</b></p> <p>Teriyaki Chicken Asian Vegetable Blend Brussels Sprouts+ Pineapple Vegetable Rice Fruit</p>	<p><b>11</b></p> <p>Chef Entrée Salad+* WW Roll Fruit</p> 	<p><b>12</b></p> <p>Turkey &amp; Veggie Sauté Broccoli+ Brown Rice Fruit</p>	<p><b>13</b></p> <p>Tuna Salad Sandwich on WW Bread with Lettuce, Tomato, &amp; Onion Hearty Vegetable Soup*+ Fruit</p>
<p><b>16</b></p> <p>Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Fruit</p>	<p><b>17</b></p> <p>Baked Cod w/White Wine Sauce* Roasted Broccoli+ Carrot Coins* Rice Pilaf. Fruit</p> 	<p><b>18</b></p> <p>Turkey Chili Tossed Vegetable Salad* Cornbread Fruit+</p>	<p><b>19</b></p> <p>Southwestern Chicken Salad+* Lentil and Bean Soup+ Tortilla Chips Fruit</p>	<p><b>20</b></p> <p>Glazed Meatloaf Mashed Potatoes w gravy Peas &amp; Carrots* WW Roll Fruit+</p>
<p><b>23</b></p> <p>Chicken Gumbo w/Okra+ Red Beans Brown Rice Fruit</p>	<p><b>24</b></p> <p>Egg Salad Sandwich* on WW Bread with Lettuce, Tomato Tomato Soup Fruit+</p>	<p><b>25</b></p> <p>Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit</p>	<p><b>26</b></p> <p>Lentil Veggie Curry+* House Salad* WW Pita Fruit Dessert (M&amp;E only)</p> 	<p><b>27</b></p> <p>Chili Dijon Pork+ Green Beans &amp; Potatoes Carrots* WW Roll Fruit</p>
<p><b>30</b></p> <p>Baked Cod w/Melted Leeks Sauce* Carrots* Brussels Sprouts+ Rice Pilaf Fruit</p> 			<p>1% Milk served each meal</p> <p><b>Menu subject to change without notice.</b></p>	<p><b>KEY</b></p> <p>+ Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat ✓ = Vegetarian Day</p>

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, Jessica Moses: JMoses@SpectrumCS.org