

February 2012 Lunch Menu

Lunches served at the Hayward Senior Center on Tuesdays & Thursdays, **served at the Kenneth Aitken Senior Center on Monday & Wednesdays.** Spectrum lunch on Friday at the Hayward Senior Center.

All lunch entrees include dessert and your choice of coffee or tea.

Wednesday	Feb. 1	Chef's Choice
Thursday	Feb. 2	Baked Salmon, Scalloped Potato, Vegetable
Monday	Feb. 6	Roast Turkey Breast, Mashed Potato w/ Gravy, Vegetable
Tuesday	Feb. 7	Chicken Noodle Casserole, Vegetable
Wednesday	Feb. 8	Chef's Choice
Thursday	Feb. 9	Baked Ham w/ Pineapple & Raisin Sauce, Scalloped Potato, Vegetable
Monday	Feb. 13	Roast Beef, Garlic Potato, Vegetable
Tuesday	Feb. 14	Valentine's Day Luncheon	Roast Turkey Breast, Scalloped Potato, Vegetable
Wednesday	Feb. 15	Chef's Choice
Thursday	Feb. 16	Baked Meat Loaf, Mashed Potato w/ Gravy, Vegetable
Monday	Feb. 20	CLOSED
Tuesday	Feb. 21	Spaghetti w/ Meat Sauce, Vegetable, Garlic Bread
Wednesday	Feb. 22	Chef's Choice
Thursday	Feb. 23	Baked Chicken Teriyaki, Rice, Vegetable
Monday	Feb. 27	Roast Pork Tenderloin, Oven Brown Potato, Vegetable
Tuesday	Feb. 28	Macaroni & Cheese w/ Ham, Vegetable
Wednesday	Feb. 29	Chef's Choice

IMPORTANT INFORMATION:

Regular Lunches are \$3.50 per person. Special Luncheons are \$5.50 per person in advance, and \$7.00 at the door. To-Go luncheons are also available for \$4.00 each, but note it is your responsibility to eat food or refrigerate it within 30 minutes of leaving the site, reheat it properly and discard it after 3 days. Vegetarian option is available, please inform the chef through our office of your request before 11:00 a.m. For the regular luncheons, please arrive by 11:45 to purchase your ticket and be seated by 11:55 a.m.

LUNCHEON: (Café Style) Mon • 11:30am-1:10pm, Weds • 11:30am-12:30pmHayward Senior Center—(510) 881-6766
 LUNCHEON: (Café Style) Tues • 11:30am-12:45pm, Thurs • 11:30am-12:30pm Kenneth Aitken Senior Center (510)881-6738
 SPECTRUM LUNCHEON: Fri • 12:30pm • \$3.25 • Reservations Required call (510) 881-6766Hayward Senior Center

January 2012 Lunch Menu

Lunches served at the Hayward Senior Center on Tuesdays & Thursdays, **served at the Kenneth Aitken Senior Center on Monday & Wednesdays.** Spectrum lunch on Friday at the Hayward Senior Center.

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Tuesday	Jan. 3	Mostaccioli w/ Meat Sauce, Garlic Bread, Vegetable
Wednesday	Jan. 4	Chef's Choice
Thursday	Jan. 5	Baked Herb Chicken, Rice Pilaf, Vegetable
Monday	Jan. 9	Baked Salmon, Scalloped Potato, Vegetable
Tuesday	Jan. 10	Macaroni & Cheese w/ Ham, Vegetable
Wednesday	Jan. 11	Chef's Choice
Thursday	Jan. 12	Happy New Year Luncheon	Roast Beef, Scalloped Potato, Vegetable
Monday	Jan. 16	CLOSED
Tuesday	Jan. 17	Pasta, Beef & Tomato Casserole, Vegetable
Wednesday	Jan. 18	Chef's Choice
Thursday	Jan. 19	Roast Pork Tenderloin, Scalloped Potato, Vegetable
Monday	Jan. 23	Chinese New Year Luncheon	Baked Chicken Teriyaki, Rice, Vegetables
Tuesday	Jan. 24	Baked Lasagna, Garlic Bread, Vegetable
Wednesday	Jan. 25	Chef's Choice
Thursday	Jan. 26	Salisbury Steak, Mashed Potato w/ Gravy, Vegetable
Monday	Jan. 30	Chicken Cacciatore w/ Pasta, Vegetable
Tuesday	Jan. 31	Beef Goulash w/ Pasta

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