

Please sign up or call site directly for reservations.
Minimum of three (3) business days' notice is required.

Senior Rate: \$3.75 donation per meal
Any additional contribution is greatly appreciated.

No registered senior will be refused a meal due to lack of funds. **Guests under 60: \$10 flat fee**

Mon	Tue	Wed	Thu	Fri
1% Milk served each meal <i>Menu subject to change without notice.</i>	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat  = Vegetarian Day		1 Jerk Chicken with Cucumber Sauce Seasoned Cauliflower+ Red Beans Coconut Brown Rice Fruit	2 Salisbury Steak with Mushrooms & Onions Mashed Potatoes Peas & Carrots* WW Roll Fruit+ 
5 Roast Chicken Pesto Potatoes & Green Beans+ WW Roll Fruit, Dessert	6 Baked Southwestern Fish Mexican Coleslaw+ Corn & Black Beans Rice Pilaf Fruit	7  Pesto Tortellini Primavera+* Tomato Soup Garlic bread Fruit 	8 Turkey Squash Frittata* Veg Medley Salad* WW Roll Fruit+	9 Chicken Gumbo w/Okra+ Red Beans Carrots* Brown Rice Fruit
12 Baked Fish w/Coconut Curry Sauce Seasoned Cauliflower+ Carrots* Rice Pilaf, Fruit	 13 Pasta w/ Marinara Sauce Brussels Sprouts + House Salad Garlic Bread Fruit 	14 Turkey & Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit	15 Herb Baked Chicken Potato Cabbage Soup+ Peas & Carrots* WW Roll Fruit	16 Albondigas Soup +* (with beef meatballs) Tossed Vegetable Salad* Tortilla Chips Fruit
 19 Veggie Shawarma+ Ginger Sweet Potato Soup* WW Pita Fruit	20 Turkey Chili Tossed Veg Salad* Cornbread Fruit +	21 Greek Fish w/Potatoes, Scallions, Tomatoes+ Cold Beet & Garlic Salad Brown Rice Fruit	Holiday Meal < > 22 Ham Collard Greens Sweet Potatoes+* Hawaiian Roll Fruit, Dessert 	Closed for Holiday 23 
 Closed for Holiday 26 	HAYWARD AREA SENIOR CENTER 22325 N. 3rd Street, Hayward, CA 510-881-6766 HardSenior@haywardrec.org			

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Cities of Hayward, San Leandro & Union City, and Rotary Clubs of Hayward, Castro Valley and Oakland 3.

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