

Spectrum is working in collaboration with SOS Meals on Wheels to deliver chilled, portioned meal for takeout.



Choose one way to reserve your takeout meal in advance:

- Sign up directly at the Kenneth Aitken Senior Center
- Email request to: HardSenior@haywardrec.org
- Call the Kenneth Aitken Sr. Center: 510-881-6742

| Mon | Tue | Wed | Thu | Fri |
|---|--|---|---|---|
| Suggested donation: \$3.75 Any additional contribution is greatly appreciated. No registered senior over 60 will be refused a meal due to lack of funds. | 1% Milk served each meal Menu subject to change without notice. | Cold Salad Meal 1 Tuna Salad over Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll LS V8+ | 2 Turkey Tetrazzini Green Beans Mixed Vegetables+*  Fresh Fruit | 3 Stuffed Chicken with Broccoli over Brown Rice Peas and Carrots Brussels Sprouts+ Fresh Fruit |
| HOLIDAY 6  | 7 Meat Loaf with Gravy Mashed Potatoes Broccoli+ Whole Wheat Roll Fresh Fruit | 8 Salmon Burger Fiesta Corn Roasted Potatoes Whole Wheat Bun Fresh Fruit+ | 9 Teriyaki Chicken over Chow Mein Noodles Steamed Cabbage+ Carrots* Fresh Banana | 10 Pepper Steak Mashed Potatoes Peas & Pearl Onions Whole Wheat Bread Fresh Fruit+ |
| 13 Vegetable and Black Bean Fajitas Fiesta Corn Wheat Tortilla Seasonal Fresh Fruit | 14 Creole Baked Fish over Rice Pilaf California Veggie Blend+* Brussels Sprouts+ Banana | Cold Salad Meal 15 Chicken Ranch Salad on Romaine+ 3-Bean Salad Beets Bran Muffin, LS V8+ | 16 Turkey Chili Brown Rice Capri Vegetables* Seasonal Fresh Fruit+ | 17 Pasta, Beef, and Tomato Casserole Cauliflower+  Carrot Coins* Seasonal Fresh Fruit |
| 20 French Toast Veggie Sausage Breakfast Potatoes Warm Applesauce Fruit Juice w/C+ | 21 Swedish Meatballs over WW Noodles Mixed Vegetables Broccoli+  Fresh Fruit | Cold Salad Meal 22 Asian Chicken Salad Noodles*+ Edamame Mandarin Oranges Wheat Crackers, LS V8+ | 23 Chicken Pot Pie with Biscuit Topping Spinach Spiced Peaches | 24 Beef Tacos with WW Tortilla Pinto Beans Vegetable Blend* Fruit Cup+ |
| 27 Whole Wheat Spaghetti with Mushroom Balls Brussels Sprouts+ Cinnamon Apples | 28 Pulled Pork Steamed Cabbage+ Capri Vegetables+ Whole Wheat Bun Fresh Fruit | 29 Potato Crusted Fish over Brown Rice Green Beans  Stewed Tomatoes Fresh Fruit | 30 Chicken Parmesan over WW Penne Pasta Cauliflower+ Broccoli+ Fresh Fruit | KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat |

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, San Francisco Foundation, Meals on Wheels America, Cities of Hayward & San Leandro.
 For reservations, call sites directly. Program manager, Becky Bruno: BBruno@SpectrumCS.org