### September 2023

**Senior Rate: $4 donation 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

---

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
</table>
| 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 | **Meal Options**  
Meet & Eat: Dine at site  
Grab & Connect: To-go with participation in Zoom activity  
Take-Away: To-go with no social activity |  |  

**Labor Day**  
4

**Holiday**  
5

**Turkey Burger**  
- on WW Bun with Lettuce, Pickle, Tomato, & Onion  
- Corn Salad  
- Fruit+  
- Dessert (Meet & Eat only)

5

**Apricot Glazed Chicken**  
- Vegetable Blend+  
- Spinach Medley Salad*  
- Rice Pilaf  
- Fruit

6

**Chef Entrée Salad++**  
- Garlic Bread  
- Fruit

7

**Tuna Salad Sandwich**  
- on WW Bread with Lettuce, Tomato, & Onion  
- Hearty Vegetable Soup++  
- Fruit

8

**Salisbury Steak**  
- w/Mushrooms & Onions  
- Mashed Potatoes  
- Peas & Carrots*  
- WW Roll, Fruit+

9

**Lemon-Caper Cod**  
- Tomato Florentine Soup*  
- Green Beans  
- Brown Rice  
- Fruit+

11

**Southwestern Chicken Salad++**  
- Lentil and Bean Soup+  
- Chips  
- Fruit

12

**Vegetable Stir Fry++**  
- House Salad*  
- Brown Rice  
- Fruit

13

**Turkey Cranberry Sandwich**  
- on WW Bread with Lettuce, Tomato & Onion  
- Broccoli Raisin Salad+  
- Fruit

14

**Salisbury Steak**  
- Brown Beans  
- Brown Rice  
- Fruit+

15

**Egg Salad Sandwich**  
- on WW Bread with Lettuce, Tomato & Onion  
- Chef’s Choice Veg Soup  
- Fruit+

18

**Lentil Vegetable Curry++**  
- Roasted Broccoli+  
- Brown Rice  
- Fruit

19

**Turkey Chili**  
- Tossed Vegetable Salad*  
- Cornbread  
- Fruit+

20

**Southwestern Baked Cod**  
- SW Side Salad  
- Carrots*  
- Rice Pilaf  
- Fruit+

21

**Chicken Gumbo w/Okra**  
- Red Beans  
- Brown Rice  
- Fruit+

22

**Ginger Beef Bowl**  
- Carrots*  
- Brown Rice  
- Fruit+

25

**Sweet & Sour Pork**  
- Broccoli +  
- Asian blend veggies  
- Brown Rice  
- Fruit

26

**Baked Cod with Melted Leeks Sauce***  
- Roasted Cauliflower+  
- Brussel Sprouts +  
- Rice Pilaf  
- Fruit

27

**Chicken Salad w/Raisins over Romaine, Tomato & Cucumber**  
- Lemony Mushroom and Orzo Soup  
- WW Crackers, Fruit+

28

**Pasta w/Marinara Sauce**  
- House Salad*  
- Garlic Bread  
- Fruit+

29

---

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste, Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

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