



Choose one way to reserve your takeout meal in advance:

- Call Kenneth Aitken Sr. Ctr- (510) 881-6742
- Email request to: Meals@SpectrumCS.org
- Call Spectrum Meal Hotline: 510-881-0300 x242

Mon	Tue	Wed	Thu	Fri
3	<>	5	6	7
Vegetable Frittata Veggie Blend+* Brown Rice Seasonal Fresh Fruit	BBQ Chicken Grilled Potatoes/Peppers* Sweet Corn Kernels Corn Muffin Seasonal Fresh Fruit	Cold Salad Meal Tuna Salad on Greens Carrot Raisin Salad* Pineapple Tidbits+ Wheat Roll Low Sodium V8+	Brown Rice, Black Beans and Chicken Burrito Bowl Corn w/Red Peppers* Broccoli+ Seasonal Fresh Fruit	Beef Stroganoff Egg Noodles Green Peas Baby Carrots* Seasonal Fresh Fruit+ 
10	11	12	13	14
Spinach Lasagna Steamed Cabbage+ Carrots* Bread Stick Fruit Cup+ 	Salisbury Steak Mashed Potatoes Brussels Sprouts+ Wheat Bread Seasonal Fruit	Cold Salad Meal Chicken Ranch Salad on Romaine+ 3-Bean Salad Cantaloupe* Wheat Crackers, LS V8+	Baked Fish Brown Rice Green Peas CA Blend Vegetables+* Fresh Fruit	Herbed Chicken Veggie Blend+* Wheat Rotini w/Vegetables Fresh Fruit
17	18	19	20	21
Cheesy Pasta Bake Lima Beans Cauliflower w/Red Peppers+ Seasonal Fresh Fruit	Chicken Cordon Bleu over Rice Pilaf Green Beans Peas and Onions Seasonal Fresh Fruit+	Cold Salad Meal Seafood Salad on Romaine+ Pineapple Coleslaw+ Fruit Cocktail Wheat Roll, LS V8+	Turkey Burger on Wheat Bun Green Beans Fiesta Corn* Seasonal Fresh Fruit	Sweet and Sour Chicken Chow Mein Noodles Baby Carrots* Green Beans Seasonal Fresh Fruit+
24	25	26	27	28
Spaghetti w/Mushroom Balls Brussels Sprouts+ Cinnamon Apples WW Roll	Pasta, Beef, and Tomato Casserole Cauliflower+ Carrot Coins* Seasonal Fresh Fruit	Cold Salad Meal Southwest Chicken Salad on Romaine+ Macaroni Salad Pineapple Tidbits+ LS V8+	Chicken Pot Pie w/Biscuit Topping Broccoli+ Spiced Peaches 	Chili Con Carne Brown Rice Capri Vegetables* Seasonal Fresh Fruit+
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Cheese Enchiladas Pinto Beans Fiesta Rice Seasonal Fresh Fruit+		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.	KEY + Vitamin C Source * Vitamin A Source < > High Sodium Day WW = Whole Wheat LS = Low Sodium	1% Milk served each meal Menu subject to change without notice

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 email: BBruno@SpectrumCS.org