

Mon	Tue	Wed	Thu	Fri
<p>January 31 Ms Olive's Southwest Style Bean and Grain Bowl Fruit</p>	<p><b>Chinese New Year</b> 1 Ms Olive's Lentil &amp; Beef Fruit Fortune Cookie </p>	<p><b>Ground Hog Day</b> 2 Ms Olive's Cheese Ravioli with Tomato Basil Sauce Fruit </p>	<p><b>CHILLED SOS MEAL</b> 3 Chicken Enchilada Pinto Beans Seasoned Greens Fruit+</p>	<p><b>CHILLED SOS MEAL</b> 4 Chicken Burrito Bowl with Brown Rice &amp; Black Beans Sweet Corn w/Peppers Broccoli+ Fruit</p>
<p><b>FROZEN SF MOW MEAL</b> 7 Southwest Vegetarian Chili with Cheddar Cheese over Brown Rice Spinach Fruit</p>	<p>8 Ms Olive's Entrée (mixed selection may vary by site) Fruit</p>	<p>9 Baked Cod Chef's Choice Soup Veggie Blend+* Brown Rice Fruit</p>	<p>10  WW Spaghetti w/meat sauce Garden Salad* Seasoned Cauliflower + Fruit</p>	<p>11 Turkey Caesar Salad Lentil &amp; Black Bean Soup+ Bread Stick Fruit</p>
<p><b>CLOSED for HOLIDAY</b> 14 </p>	<p>15 Chicken w/Lemon, Garlic and Rosemary Sweet Potatoes+* Green Beans Biscuit, Fruit </p>	<p>16 Beef Burger w/Lettuce, Tomato, Onion and Pickle Vegetable Bean Soup Wheat Bun Fruit+</p>	<p>17 Apricot Glazed Pork Peas &amp; Carrots* Mashed Potatoes Brown Rice Fruit+</p>	<p>18 Pasta Primavera+* Spinach Salad w/red onions &amp; carrots* Garlic Bread Fruit</p>
<p><b>CLOSED for HOLIDAY</b> 21 </p>	<p>22 Beef Stew* Garden Salad* Biscuit Fruit+</p>	<p>23 Baked Fish w/Lemon Caper Sauce Tomato Florentine Soup* Brussel Sprouts+ WW Roll, Fruit</p>	<p>24 Baked Potato with Veg Chili+ Vegetable Medley Salad* Corn Bread Fruit</p>	<p>25  Chicken Gumbo w/Okra Red Beans Brown Rice Fruit +</p>
<p>28 Teriyaki Chicken Seasoned Broccoli+ Carrots* Brown Rice Fruit</p>	<p><b>BLACK HISTORY MONTH</b> </p>		<p>1% Milk served each meal  <b>Menu subject to change without notice</b></p>	<p><b>KEY</b> + Vitamin C Source * Vitamin A Source &lt; &gt; High Sodium Day WW = Whole Wheat</p>

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 & Union City, and Rotary Club of Hayward. For reservations, contact sites directly. For other inquiries, call our Main kitchen (510) 785-1997 Program manager, Becky Bruno: [BBruno@SpectrumCS.org](mailto:BBruno@SpectrumCS.org)

**UPDATED ON FEBRUARY 1st due to temporary closure**