

Please sign up or call sites directly for reservations at least 24 hours in advance. 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.

Guests and non-registered seniors may purchase a meal for \$6.00

November 2018 Lunch Menu



Mon	Tue	Wed	Thu	Fri
1% Milk served with every meal. Substitution of juice or soy milk available upon request. Menu subject to change without notice.	Everyday Alternative Option: Chef Salad Choose Chicken or Vegetarian (both include egg and cheese)	<u>KEY</u> + Vitamin C Source * Vitamin A Source WW = Whole Wheat	Baked Fish with Lemon Caper Sauce Tomato Florentine Soup Broccoli + Rice Pilaf Seasonal Fruit	Butternut Squash* with Chicken and Penne Pasta Vegetable Bean Soup Orange + 
5 Stir-Fried Beef with Broccoli and Cauliflower + Brown Rice Apple	6 Chicken Quarter Pesto Potatoes & Green Beans + WW Roll Strawberries +	7 BIRTHDAY LUNCH Pasta Primavera *+ Vegetable Medley Salad WW Roll Seasonal Fresh Fruit Orange Cake 	8 Chicken Tetrazzini w/ Vegetables Tossed Vegetable Salad * Fruit Mix +	9 National Greek Yogurt Day Beef Burger w/ Tomato, Lettuce and Onion on a Wheat Bun Potato Salad Greek Yogurt with Berries and granola +
12 HOLIDAY 	13 Vegetable Rice Casserole +* Chicken Endive Soup WW Roll Seasonal Fruit	14 Baked Fish Orzo with Spinach, Chickpeas and Lemon Vegetable Blend WW Roll Orange +	15 Beef Stroganoff Green Beans with Italian Dressing WW Roll Fruit Mix +	16 Turkey Chili Garden Salad WW Roll Applesauce +
19 Beef Stew * Vegetable Medley Salad WW Roll Orange +	20 Cheese Tortellini Tomato Rice Soup Carrots * WW Crackers Strawberries +	21 THANKSGIVING LUNCH Roast Turkey with Gravy Green Beans with Italian Dressing Cranberry Sauce, Stuffing, Mashed Potatoes, WW Roll, Fruit Mix, Pumpkin Pie w/ Whip Cream	22 HOLIDAY 	23 HOLIDAY
26 Spinach Lasagna + Tossed Vegetable Salad * WW Roll Seasonal Fresh Fruit	27 Tri-color Pepper Steak with Bell Peppers and Zucchini +* Brown Rice Seasonal Fresh Fruit	28 Chicken Gumbo with Okra Red Beans Brown Rice Cantaloupe +	29 Tilapia with Pineapple Salsa + Garden Salad * Green Beans with Italian Dressing Orange Rice Pilaf Seasonal Fruit	30 Baked Lemon Chicken with Mushroom Sauce Bean Soup with Kale + Brown Rice Seasonal Fruit

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Fremont Bank Foundation, Wells Fargo, Gillig Corp, and the City of Hayward.
Call sites directly for reservations. For other inquiries: Main kitchen (510) 785-1997 Program manager, Becky Bruno (510) 881-0300 x 222