



Mon	Tue	Wed	Thu	Fri
Everyday Alternative Option Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese) 1% Milk served each meal Substitution of soy milk or juice available upon request	HOLIDAY 1 	2 Turkey Chili Garden Salad* Cornbread Strawberries+ 	NEW YEAR CELEBRATION 3 Garlic Chicken with Lemon & Rosemary Black Eyed Pea Soup Tomato Cucumber Salad WW Roll, Oranges+ Carrot Cake 	4 Tri-Color Pepper Steak with Onions and Zucchini*+ Brown Rice Seasonal Fresh Fruit
7 Spaghetti with Meat Sauce Lemon Seasoned Broccoli+ Tossed Vegetable Salad* Garlic Bread Seasonal Fresh Fruit	8 Roast Turkey with Gravy Maple Squash Puree* Garden Salad* WW Roll Fruit Mix+	NATIONAL APRICOT DAY 9 Chicken Breast with Apricot Glaze Hearty Vegetable Soup+* Spinach*, Brown Rice Apricots* 	10 Sweet and Sour Pork Vegetable Medley Salad* Brown Rice Cantaloupe+	11 Meatloaf with Gravy Carrots* Rosemary Roasted Potatoes WW Roll Seasonal Fresh Fruit+
14 Spinach Lasagna+ Tossed Vegetable Salad* WW Roll Seasonal Fresh Fruit	15 Beef Ragu over WW Penne Pasta Garden Salad* Green Beans with Italian Dressing Strawberries+	16 Baked Fish with Lemon Yogurt Sauce over Arugula Vegetable Bean Soup Carrots* WW Roll Oranges+	17 Chicken Salad over Lettuce Tomato Florentine Soup+* WW Roll Seasonal Fresh Fruit+	18 Turkey with Cranberry and Gravy Rosemary Potatoes Spinach* WW Roll Fruit Mix+ 
HOLIDAY 21  <p><i>"I have a dream..."</i> Martin Luther King, Jr.</p>	22 Chicken Cacciatore over Spaghetti+ Tossed Vegetable Salad* Seasonal Fresh Fruit	23 Beef Stir Fry with Broccoli and Cauliflower+* Garden Salad* Brown Rice Applesauce	24 Baked Fish with Pasta Primavera Marinated Carrots* Oranges+	25 Baked Jerk Chicken with Creamy Cucumber Sauce Minestrone Soup Tossed Vegetable Salad* Brown Rice Seasonal Fresh Fruit+
28 Herb Baked Chicken Green Beans with Italian Dressing Mushroom Barley Soup Brown Rice Cantaloupe+	29 Beef Stew* Vegetable Medley Salad* WW Roll Oranges+	30 Turkey Sloppy Joes on a WW Bun+<> Split Pea Soup Seasonal Fresh Fruit	BIRTHDAY LUNCH 31 Pork Roast Green Beans Red Cabbage+ Apple Sauce+ WW Roll Banana Cake 	Menu subject to change without notice. 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, Wells Fargo, Gillig, and the City of Hayward.
 Call sites directly for reservations. For other inquiries: Main kitchen (510) 785-1997 Program manager, Becky Bruno (510) 876-8807