SPECTRUM COMMUNITY SERVICES, INC.

JULY 2026

Please sign up or call the site directly for reservations.
A minimum of three (3) business days' notice is required.
Indicate meal choice: Meet & Eat or Take Away

60+: $5 voluntary contribution per meal
Any contribution is greatly appreciated.
No registered senior will be denied a meal due to inability to give. **Guests under 60: $18 flat fee**

Mon	Tue	Wed	Thu	Fri
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	**1** Chicken Curry+ Cabbage Slaw+ Brown Rice Apple	**HOLIDAY MEAL** **2** Beef Burger on WW Bun w/Lettuce, Tomato, Onion & Pickle Carrot Slaw* Orange+ *Cookie (M&E only)*	**Holiday Observed** **3**
6 Albondigas Soup*+ Spinach, Cranberry & Fennel Salad* Tortilla Chips Honeydew	**7** BBQ Chicken Sandwich on Whole Grain Bun Lettuce, Tomato, Onion Broccoli Cranberry Salad+ Peach	**8** Turkey & Veggie Sauté Roasted Broccoli+ Brown Rice Grapes	**9** Imitation Crab & Egg Salad on Romaine* w/Tomato Creamy Tomato Bisque WW Crackers (4) 2 Mandarin Oranges+	✓ **10** Tofu Tikka Masala Roasted Cauliflower+ Steamed Spinach* Brown Rice Banana
13 Ginger Glazed Pork Roasted Broccoli+ Baby Carrots* Brown Rice Apple	**14** Southwest Chicken Salad*+ Lentil and Bean Soup+ Tortilla Chips Nectarine	✓ **15** Chef Entrée Salad*+ WW Roll Peach *Chocolate Pudding (M&E only)*	**16** Chicken Gumbo w/Okra+ Red Beans Brown Rice Grapes	**17** White Fish Chowder* Southwest Side Salad+ WW Breadstick Banana
20 Baked Cod w/White Wine Sauce* Vegetable Blend*+ Carrot Coins* Rice Pilaf, Grapes	✓ **21** Sundubu Jjigae+ (tofu stew) Pickled Carrots* Brown Rice Cantaloupe+	**22** Meatball Sub (Beef/Pork)<> w/Marinara Sauce, topped w/ Mozzarella on WW Hoagie Minestrone Soup, Orange+	**23** Turkey Chili* Tossed Vegetable Salad* Whole Grain Biscuit Strawberries+	**24** Apricot Glazed Chicken Asian Blend Vegetables Spinach Medley Salad*+ WW Roll Nectarine
27 Chicken Gyro w/Tzatziki Sauce Fresh Cucumber & Tomato+ Roasted Veggies+ WW Pita, Peach	**28** Chili Dijon Pork+ Carrots* WW Roll Apple	**29** Thai Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf* Watermelon	< > ✓ **30** Marry Me Butter Beans+* Roasted Red Potatoes House Salad 2* WW Breadstick Banana	**31** Egg Salad Sandwich* on WW Bread w/Lettuce, Tomato Tomato Soup Orange+

Spectrum thanks the following organizations for their financial support: Alameda County Area Agency on Aging, Supervisor Elisa Marquez, Cities of Alameda, Hayward, San Leandro & Union City, Eden Health District, AWS InCommunities Hayward Fund, and Oakland Rotary #3.

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