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

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
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</table>
| Chicken Salad  
with Golden Raisins over  
Romaine Lettuce with  
Tomato and Cucumber  
Hearty Vegetable Soup +*  
WW Roll, Strawberries + | Butternut Squash &  
Chicken with WW Penne*  
Tossed Vegetable Salad *  
Garlic Bread  
Orange+ | Turkey and Veggie Fajitas+  
Soft Tortillas  
Black Beans  
Pico de gallo  
Grapes | Cod w/ Lemon Caper Sauce  
Tomato Florentine Soup *  
Orange Rice Pilaf  
Brussel Sprouts +  
Apple | Savory Salisbury Steak  
Mashed Potatoes & Gravy Carrots*  
Pineapple Fruit Cup+  
WW Roll |
| Tasty Turkey Chili  
Garden Salad *  
Cornbread  
Orange + | Baked Cod  
Melted Leeks in Cream Sauce*  
Bok Choy +**  
WW Roll, Fruit Mix + | Apricot Glazed Chicken Minestrone Soup  
Carrots *  
Brown Rice  
Strawberries+ | Beef Stroganoff  
over Egg Noodles  
Spinach Salad with  
Red Onions & Carrots*+  
WW Roll, Banana | Cheesy Veggie Rice  
Casserole++  
Tossed Vegetable Salad *  
WW Roll  
Grapes |
| Baked Potato with  
Broccoli and Cheese +  
Garden Salad *  
Pear  
WW Roll | Albondingas Entrée Soup+*  
(Meatballs for soup served on the side)  
Tossed Vegetable Salad*  
WW Roll  
Apple Sauce + | Pot Roast with Gravy Mashed Potatoes  
Collard Greens  
Biscuit  
Orange+ | Moroccan Chicken Steamed Butternut Squash*  
Brown Rice  
Fruit Mix + | Lemon Baked Fish  
Creamed Spinach *  
Rosemary Potatoes  
WW Roll  
Strawberries +  
Butterscotch Pudding |
| Hearty Beef Stew *  
Vegetable Medley Salad*  
Biscuit  
Applesauce + | CLOSED | CLOSED | Cod with Sun Dried Tomato Sauce on bed of Spinach+*  
Carrot Soup*  
WW Roll, Orange +  
Birthday Cake | Chicken Cacciatore +  
over WW Spaghetti  
Steamed Zucchini  
WW Crackers  
Grapes | NEW YEAR'S EVE |
| Chicken Quarters  
Pesto Potatoes & Green Beans +  
WW Roll  
Strawberries+ | Menu subject to change without notice  
Substitution of soy milk or juice available upon request | KEY  
+ Vitamin C Source  
* Vitamin A Source  
< > High Sodium Day  
WW = Whole Wheat  
Everyday Alternative Option  
Chef Salad - Choose Chicken or Vegetarian (both include egg and cheese) | Spectrum thanks the following organizations for their financial support:  
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DECEMBER 2019

**Suggested donation:** $3.75
**Guests under 60 may purchase a meal for $10.00**
**Any additional contribution is greatly appreciated.**
No registered senior over 60 will be refused a meal due to lack of funds.

DECEMBER 2019

1% Milk served each meal
Substitution of soy milk or juice available upon request