### August 2023

**Senior Rate:** $4 donation per meal

Any additional contribution is greatly appreciated. No registered senior will be denied a meal due to inability to give. Guests under 60: $14 flat fee.

**Indicate meal choice:** Meet & Eat, Grab & Connect, Take-Away

#### Menu subject to change without notice.

Meet & Eat: Dine at site
Grab & Connect: To-go with participation in Zoom activity
Take-Away: To-go, no Zoom

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>1% Milk served each meal</td>
<td>Baked Cod w/Melted Leeks Sauce*</td>
<td>Ginger Beef Bowl Carrots* Brown Rice Fruit</td>
<td>Pasta w/Marinara Sauce* House Salad* Garlic Bread Fruit+</td>
<td>Chicken Salad w/Raisins over Romaine, Tomato &amp; Cucumber Lemony Mushroom and Orzo Soup WW Crackers, Fruit+</td>
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<td>Albondigas Soup+* (includes beef meatballs) Tossed Vegetable Salad* Tortilla Chips Fruit</td>
<td>Chicken Fajitas+ Black Beans Soft WW Tortillas Fruit</td>
<td>Pesto Tortellini Primavera+** Tomato Soup Garlic bread Fruit</td>
<td>BBQ Chicken Sandwich on WW Bun with Lettuce, Tomato, &amp; Onion Broccoli Cranberry Salad+ Fruit</td>
<td>Imitation Crab &amp; Egg Salad over Romaine* with Tomato Minestrone Soup+ WW Bread, Fruit+</td>
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<td>Coconut Curry Cod Cilantro Lime Coleslaw Seasoned Cauliflower+ Rice Pilaf Fruit</td>
<td>Moroccan Chickpeas Baked Sweet Potatoes**+ House Salad* Couscous Fruit</td>
<td>Herb Baked Chicken Potato Cabbage Soup+ Peas &amp; Carrots* WW Roll Fruit</td>
<td>Meatball Sub w/Marinara Sauce on Sourdough Hoagie Italian Cut Green Beans Spinach Medley Salad* Fruit+</td>
<td>Garlic Ginger Glazed Pork Roasted Broccoli+ Carrot Coins* Brown Rice Fruit</td>
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<td>Veggie Burger on WW Bun with Lettuce, Tomato, &amp; Onion Chickpea Carrot Salad* Fruit+</td>
<td>Asian Chicken Salad+ Ginger Sweet Potato Soup* WW Roll Fruit</td>
<td>Turkey Soft Tacos+ w/Shredded Lettuce, Diced Tomatoes &amp; Onions Pinto Beans WW Tortilla, Fruit</td>
<td>Baked Cod w/Lemon Yogurt Sauce Brussels Sprouts+ Peas and Carrots* Orzo, Fruit</td>
<td>Veggie Chili over Baked Potato+ Roasted Broccoli+ Cornbread Fruit</td>
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<td>Turkey &amp; Veggie Sauté Roasted Cauliflower+ Brown Rice Fruit</td>
<td>Beef Cabbage Roll Soup++ Vegetable Medley Salad* Biscuit Fruit</td>
<td>Cod with Sun-dried Tomato Sauce Carrot Coins* Green Beans Brown Rice Pilaf, Fruit+</td>
<td>Veggie Burrito Bowl+ over Brown Rice Tossed Vegetable Salad* Fruit Dessert (Meet &amp; Eat only)</td>
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### KEY
- + Vitamin C Source
- * Vitamin A Source
- < > High Sodium Day
- WW = Whole Wheat
- ✨ Vegetarian Day
- = High Sodium Day

Spectrum thanks the following organizations for their financial support:
- Alameda County Area Agency on Aging, Subaru Share the Love, StopWaste,
- Cities of Hayward, San Leandro & Union City, Eden Health District, and Rotary Clubs of Niles Fremont, Hayward, and Castro Valley.

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

Please sign up or call site directly for reservations. Minimum of three (3) business days’ notice is required.