<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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</thead>
<tbody>
<tr>
<td><strong>Everyday Alternative Option</strong></td>
<td><strong>1% Milk served each meal</strong></td>
<td>Beef Burger on Wheat Bun</td>
<td>Baked Cod</td>
<td>Veggie Stir Fry</td>
</tr>
<tr>
<td>Chef Salad</td>
<td>Substitution of soy milk or juice available upon request</td>
<td>with Lettuce, Tomato, Pickle and Onion</td>
<td>Melted Leeks in Cream Sauce</td>
<td>+ Tossed Vegetable Salad</td>
</tr>
<tr>
<td>- Choose Chicken or Vegetarian (both include egg and cheese)</td>
<td><strong>Menu subject to change without notice</strong></td>
<td>Lentil &amp; Bean Soup+</td>
<td>Carrots *</td>
<td>Broccoli</td>
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<td></td>
<td></td>
<td>Banana</td>
<td>WW Roll</td>
<td>Brown Rice</td>
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<td></td>
<td></td>
<td></td>
<td>Orange +</td>
<td>Grapes</td>
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<tr>
<td>6</td>
<td>Turkey Sloppy Joe +</td>
<td>Spaghetti w/Vegetable Marinara Sauce +</td>
<td>Apricot Glazed Chicken</td>
<td>Luau Fish w/Coconut Sauce</td>
</tr>
<tr>
<td></td>
<td>on WW Bun Goat</td>
<td>Broccoli &amp; Cauliflower +</td>
<td>Minestrone Soup</td>
<td>with Fruit &amp; Nuts *</td>
</tr>
<tr>
<td></td>
<td>Garden Salad*</td>
<td>Garlic Bread</td>
<td>Brown Rice</td>
<td>+ Broccoli &amp; Carrots *</td>
</tr>
<tr>
<td></td>
<td>Banana</td>
<td>Grapes</td>
<td>Strawberries +</td>
<td>WW Roll, Banana</td>
</tr>
<tr>
<td>7</td>
<td>Cod on bed of Spinach+**</td>
<td>Pork Chops w/BBQ Sauce</td>
<td>Beef Stroganoff</td>
<td>Southwestern Chicken</td>
</tr>
<tr>
<td></td>
<td>w/ Sundaired Tomato Sauce</td>
<td>Corn on the Cob</td>
<td>with Egg Noodles</td>
<td>Salad*</td>
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<tr>
<td></td>
<td>Carrot Soup *</td>
<td></td>
<td>Brown Rice</td>
<td>Taco Soup</td>
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<tr>
<td></td>
<td>WW Roll</td>
<td></td>
<td>Pineapple Cup +</td>
<td>Tortilla Chips</td>
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<td></td>
<td>Grapes</td>
<td></td>
<td></td>
<td>Strawberries +</td>
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<tr>
<td>13</td>
<td>Baked Jerk Chicken with Creamy Cucumber Sauce</td>
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<td></td>
<td>Tossed Vegetable Salad*</td>
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<tr>
<td></td>
<td>Coleslaw+*</td>
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<td></td>
<td>Jamaican Brown Rice Orange +</td>
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<td>14</td>
<td>Butternut Squash &amp; Chicken over Penne Pasta</td>
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<td></td>
<td>Tossed Vegetable Salad*</td>
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<td>WW Roll</td>
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<td>Grapes</td>
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<tr>
<td>20</td>
<td>Veggie Burger on Wheat Bun</td>
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<td></td>
<td>with Lettuce, Tomato, and Onion</td>
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<tr>
<td></td>
<td>Chef’s Choice Soup Kiwi +</td>
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<td>21</td>
<td>EARTH DAY</td>
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<tr>
<td>15</td>
<td>Salisbury Steak</td>
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<td></td>
<td>Mashed Potatoes w/Gravy Carrots *</td>
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<td></td>
<td>Cornbread</td>
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<td></td>
<td>Fruit Mix +</td>
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<td>22</td>
<td>Turkey Chili</td>
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<td></td>
<td>Garden Salad*</td>
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<td></td>
<td>Birthday Cake</td>
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<td>23</td>
<td>Sweet &amp; Sour Pork</td>
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<td></td>
<td>with Veggies</td>
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<td></td>
<td>Broccoli +</td>
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<td>Brown Rice</td>
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<td></td>
<td>Apple</td>
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<tr>
<td>24</td>
<td>Chicken Salad</td>
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<td></td>
<td>With Golden Raisins over Romaine Lettuce* with Tomato and Cucumber</td>
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<td></td>
<td>Hearty Vegetable Soup +**</td>
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<td>WW Roll, Grapes</td>
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<td>27</td>
<td>Hearty Beef Stew *</td>
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<td></td>
<td>Vegetable Medley Salad*</td>
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<td></td>
<td>Biscuit</td>
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<td>Orange +</td>
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<td>28</td>
<td>Cod over Arugula with Lemon Yogurt Sauce</td>
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<td>Vegetable Bean Soup Carrots *</td>
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<td>WW Roll, Strawberries +</td>
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<tr>
<td>29</td>
<td>Spinach Mushroom Lasagna+</td>
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<td>Tossed Vegetable Salad*</td>
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<td>+ Vitamin C Source</td>
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<td>* Vitamin A Source</td>
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<td>&lt; &gt; High Sodium Day</td>
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<td>WW = Whole Wheat</td>
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Please sign up or call site directly for reservations 24 hours in advance.

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.

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) 881-3000 x222