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.

<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>Angie’s Asian Chicken Salad</td>
<td>Herb Baked Chicken Endive Soup Carrots * Brown Rice Tangerine +</td>
<td>Mock Crab and Egg Salad over Lettuce* w/Tomato Chef’s Choice Soup WW Bread Pineapple Fruit Cup +</td>
<td>Beef Burger on Wheat Bun with Lettuce *, Tomato, Pickle and Onion Lentil &amp; Black Bean Soup+ Banana</td>
<td>Baked Ham &lt;&gt; Southern Style Collard Greens Sweet Potatoes* Cornbread Orange+</td>
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<tr>
<td>Cod w/Lemon Caper Sauce Tomato Florentine Soup Rice Pilaf Vegetable Blend + Pear</td>
<td>Hearty Beef Stew* Vegetable Medley Salad * WW Roll Orange +</td>
<td>Chicken Salad with Raisins over Romaine Lettuce, Tomato and Cucumber Hearty Vegetable Soup +* WW Roll Fruit Mix</td>
<td>Turkey &amp; Spinach + Lasagna Tossed Vegetable Salad* WW Roll Apple</td>
<td>Valentine’s Day Chicken Dijon Mushroom Barley Soup Broccoli + Brown Rice Grapes Chocolate Pudding</td>
</tr>
<tr>
<td>CLOSED - HOLIDAY Presidents’ Day</td>
<td>Chicken Gumbo w/Okra+ Red Beans Brown Rice Pear</td>
<td>Albondingas Entrée Soup+* (Meatballs for soup served on the side) Tossed Vegetable Salad* Tortilla Chips Applesauce +</td>
<td>Sloppy Joe + on WW Bun Vegetable Medley Salad * Grapes Birthday Cake</td>
<td>Tuna Salad Sandwich Minestrone Soup Spinach Salad with Fruit &amp; Nuts ++ Banana</td>
</tr>
<tr>
<td>Paprika Chicken Potato Cabbage Soup Lemon Seasoned Broccoli+ WW Roll Apple</td>
<td>Tasty Turkey Chili Garden Salad* Cornbread Fruit Mix +</td>
<td>BBQ Chicken Sandwich on Wheat Bun with Lettuce*, Tomato &amp; Onion Broccoli Cranberry Salad + Grapes</td>
<td>Baked Southwestern Cod on a bed of Spinach Split Pea Soup Carrots * Brown Rice, Orange +</td>
<td>Glazed Meatloaf Mashed Potatoes &amp; Gravy Peas &amp; Carrots + WW Roll Pineapple Fruit Cup +</td>
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</tbody>
</table>

**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

**KEY**
+ Vitamin C Source
* Vitamin A Source
<> High Sodium Day
WW = Whole Wheat

Menu subject to change without notice

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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