SPECTRUM
COMMUNITY SERVICES, INC.

November 2026

This program is partially funded by Alameda County Agency on Aging.
60+ suggested voluntary contribution: $5/meal. Any contribution is appreciated.
Clients under 60: $18 flat fee/meal.

MON	TUE	WED	THU	FRI	SAT	SUN
KEY + Vitamin C Source * Vitamin A Source WW = Whole Wheat Blue = Closed; Frozen Meal Monday is Vegetarian Day		*Meals include ½ pint 1% low-fat milk daily.* *Therapeutic diets may be modified. Please inform Meals on Wheels staff; nutrition content may vary.* *Menus subject to change without notice.* *Meals prepared by:* OPENheart KITCHEN				1 Oregano Chicken Savory Brown Rice w/ Mushrooms Mixed Vegetable Blend+* Seasonal Fruit
2 Baked Corn Omelette Seasoned Green Beans Rosemary White Bean Soup* WW Roll Seasonal Fruit+	3 Chicken Strips in Sweet Lemon Sauce Garlic Ginger Noodles Stir Fry Vegetables+ Minestrone Soup* Seasonal Fruit	4 Beef Stroganoff Zesty Spinach* Pearl Barley Soup Seasonal Fruit+	5 Baked Pork Chop Seasoned Broccoli+ Vegetable Rice Soup*, WW Roll Seasonal Fruit	6 Enchilada Casserole* (Turkey) Refried Beans Cream of Potato Soup+ Seasonal Fruit	7 Herb Baked Chicken, Cauliflower & Peas* Brown Rice Seasonal Fruit+	8 Swedish Meatballs (Turkey) Zesty Spinach* Herb Mash Potatoes+ WW Pasta Seasonal Fruit
9 Cheese and Veggie Lasagna+* Zucchini and Carrots* Rosemary White Bean Soup Seasonal Fruit	10 Ginger Pork Stir Fry+* Minestrone Soup* Brown Rice Seasonal Fruit	11 Chicken Enchiladas w/ homemade Sauce Mixed Veggie Blend+* WW Crackers Seasonal Fruit Corn Bake	12 Cheese Ravioli w/ Meat (beef) Sauce+ Lemon Basil Green Beans Vegetable Rice Soup* WW Roll Seasonal Fruit	13 Baked Chicken with Mushroom Sauce Egg Noodles Seasoned Broccoli*+ Cream of Potato Soup+ Seasonal Fruit	14 WW Spaghetti w/ Zesty Meat Sauce (Turkey) Baked Fresh Zucchini Seasonal Fruit+	15 Simmered Chinese Chicken Seasoned Broccoli*+ Brown Rice Seasonal Fruit
16 Dhal Lentils* Savory Brown Rice Rosemary White Bean Soup Seasonal Fruit+	17 Meatball Sandwich (beef) Mediterranean Green Salad Minestrone Soup* Seasonal Fruit	18 Pork Roast Italian Herb Vegetables Pearl Barley Soup WW Roll Seasonal Fruit+	19 Chicken w/ Rosemary Sauce Seasoned Peas Vegetable Rice Soup* WW Pasta Seasonal Fruit +	20 Beef Teriyaki Mixed Veggie Blend+* Cream of Potato Soup+ Brown rice, Seasonal Fruit	21 Hawaiian Chicken Rice Pilaf Lemony Broccoli*+ Seasonal Fruit	22 Salisbury Steak w/ Mushrooms Spinach Au Gratin* WW Roll, Seasonal Fruit+
23 Cheese Ravioli w/ Marinara Sauce Garlic Parm Spinach* Rosemary White Bean Soup WW Roll, Fruit+	24 Shish Kebab off the Skewer (beef) Shish Kebab Veggies+* Rice Pilaf Minestrone Soup* Seasonal Fruit	25 Roast Turkey w/ Cranberry Citrus Sauce Seasoned Peas+ Bread Dressing, French Onion Soup Double Chocolate Brownie Seasonal Fruit	26 Italian Lasagna w/ Beef Lemon Basil Green Beans, Seasonal Fruit+ Happy Thanksgiving	27 Chicken Cacciatore Garlic Broccoli+ Capri Vegetable Blend+* Garlic and Herb Pasta Seasonal Fruit	28 Roast Beef Mashed Sweet Potatoes* WW Roll Seasonal Fruit+	29 Sesame Orange Chicken Golden Carrots and Zucchini* Brown Rice Seasonal Fruit+
30 Egg Salad Sandwich+* Carrot Sticks* Rosemary White Bean Soup, Seasonal Fruit						